

A  
TREATISE

ON THE  
Causes of most Diseases

INCIDENT TO  
HUMAN BODIES,  
*And the CURE of them.*

First, by a right Use of the *Non-Naturals*  
chiefly by DIET. And secondly, by  
MEDICINE.

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By WILLIAM FORSTER, *Practitioner*,  
*in Physick.* R

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TREATISE

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## *Advertisement.*

To the Gentlemen and Ladies who have favour'd me with their Subscriptions to this Work.

*Gentlemen and Ladies,*

**I** Flatter my self you will here meet with the Signs and Causes of many Diseases, often with the manner in which the Symptoms are introduced, and with their Cure: And as this Performance has not the least pretensions to Merit, so the Honour done me by your Subscriptions, demands my most respectful Acknowledgements. I want Words to express my grateful Sentiments, but shall with Pleasure reflect upon the Favour done to,

*Gentlemen and Ladies,*

Your most obliged

humble Servant,

*William Forster.*

*Just ready for the Press,*  
( Price Two Shillings and Six-Pence. )

*A third Edition, with large Additions, of*  
**T**HE Treatise on the various Kinds and Qualities of Foods. An Essay on Sickneſs and Health; with Rules to preſerve the Body to a good old Age.

By *William Forſter*, Practitioner in Phyſick.



THE  
PREFACE.



THE Art of Physick was first founded upon Experiments and Observations faithfully collected, whose Effects were afterwards explained, and their Causes assigned, by the Assistance of Reason. The first Part carries conviction along with it, and is indisputable; nothing being more certain than Demonstration from Experience: The latter is more dubious and uncertain; every Sect explaining the Causes of particular Effects, upon different hypothetical Principles.

The Subject of Physick is a human Body consider'd in a natural or disorder'd State, and the End or Intention thereof to preserve Health, or restore it; which two parts of the Art are sufficient to shew the Necessity and Usefulness,



## P R E F A C E,

*Usefulness, as well as the Nobleness of it; the human Body, wherewith it is principally concern'd, being of all others the most Noble. So all that a Physician hath to do, is but to preserve the present, and to restore absent Health.*

*A Practitioner is to make use of his Reason, and always to weigh and compare his Experience therewith, as strictly as possible; considering the properties of Bodies, and of the natural Humours and Medicines, and at the same time observing what is either agreeable or disagreeable to Nature: And these things are to be weighed with prudence and exactness, that he may be the better enabled thence to deduce just Consequences, and judge of future Events.*

*And that we may the better understand the Operations of human Bodies, whereto a Physician should be assisting, and know how to help her where she is deficient; we are to consider that Man is composed of a Soul and Body, united together, which are of different Natures, who therefore manifests Actions and Passions of different kinds, yet is there such a connection and consent betwixt these two Parts, that the Operations of the Mind are affected and variously determined by the State and Condition of the Body, and on the contrary.*

*But tho' the Thoughts may in some Measure be differently*

## P R E F A C E.

ently disposed by the influence of the Humours of the Body, yet the Soul hath some particular Thoughts which the Body has no effect upon, and so the Body performs some particular Operations which are involuntary, tho' in some Measure alterable by the concurrence of the voluntary Actions and influence of the Spirits, variously distributed, according to the different Passions of the Mind. But how far the Soul is influenced and disordered by the Distemperatures of the Body, and the Fluids contained therein; or on the contrary, how far the Body is disordered by Passions of the Mind, must be judged of by Observation.

The Operations of the Mind, and those of the Body, are not confusedly to be considered together, since what disturbs the Mind, is principally owing to the distractions and disorders of the Soul; whereas the Diseases of the Body almost always depend upon the figure and motion of the solid Parts, and the various dispositions of the Fluids contained in the Vessels, and are explicable by their particular Properties, and peculiar Qualities, resulting from the different forms of the Parts, whereof those Fluids are composed.

And since we ought in the first Place, to understand the Nature of a human Body with all its Parts, both Solid and Fluid, that we may be thoroughly acquainted in what Health consists; so in the next Place, we are to consider

## P R E F A C E.

*consider what alterations Nature is subject to, which may produce Diseases; and also, what are the Differences, Causes and Effects, and how they are to be distinguished and known.*

*Now, whoever has a Power to perform human Actions with Ease, Pleasure and Perseverance, is said to be well; and this state of a Man is called Health: But if a Person be unable to perform these Actions, if he feel Uneasiness, Pain, or soon grow weary in performing them, we say he is sick, and call this his Condition a Disease. Now the inclemencies and alterations of the Air; the Nature of Aliment, whether solid or fluid; the force of external Bodies; the vital Actions themselves; and lastly, the very Structure of the human Machine must have render'd it subject to Distempers, ever since Mankind have lived as we do.*

March 27th,  
1745.

Nature,

*Errata.* Page 12. l. 6. for protude read *protrude*. P. 22. l. 12 and 29. for Emellients read *Emollients*. P. 28. l. 7. for pelaxants read *relaxants*. P. 30. l. 29. for morid read *morbid*. P. 32. l. 23. for Lenter read *Lentor*. P. 44. l. 18. for Abscese read *Abscess*. P. 49. l. 21. for Sonoriferous read *Soporiferous*. P. 53. l. 7. for artical read *cortical*.



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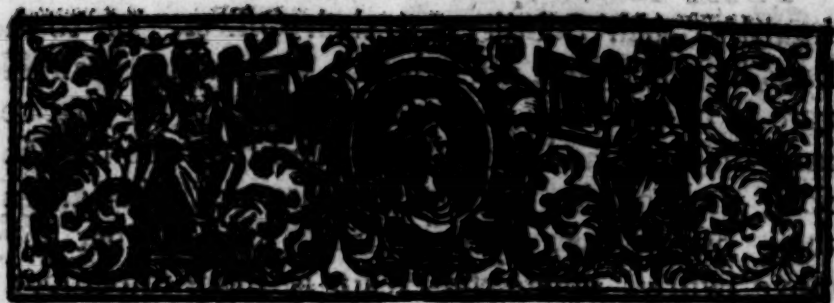
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# N A T U R E,

*What is meant by the Word  
with Physicians: The Office  
of the Animal Spirits.*



THE word *Nature*, considered, as it is in itself, is beautified with various Definitions and Descriptions, as if it were the sole Governess and Directress of all human Actions; by it Physicians mean nothing more than a quantity of Spirits moved for the Conservation of Life, abstracting from any other Consideration, whether of the Soul or the Divinity as the first Mover; and this is a sufficient Inquiry for the Physicians, and thoroughly answers all their Ends and Purposes.

A

THESE



THESE *Animal Spirits* are considered either with regard to their Subtily, to their Offices, or to the Parts in which they are lodged; we imagine their Figure to be globular, because this is a Figure that coheres the least, and because it is the fittest also for Motion; their motion and quantity are not easily assignable, but we may say in general Terms, that they move swiftly, where the Heart is more impetuously moved, and that they move the quicker, where they find the fewest obstacles to Motion.

THE Effects depending upon their Motion are many, namely, by them we see, hear, taste, smell, and feel, by them our Chyle and Blood are laboured and made, by their Assistance the secretions are made to depart from the Blood, and by them all our natural Functions perform their Offices; so long as they are neither defective, nor do they exceed in quantity, so long are all the aforesaid Things done in a proper Manner; but if on the other hand, they exceed or become deficient, then do we hear of Diseases, as you may see in all Physical Authors: This is the manner by which Nature is explained.

NATURE is said to be strong, when the Patients have much Blood and Spirits, and when they act with Vigour and Strength in all their Exercises; but on the other hand, she is said to be weak, when they have not Power to stir, and when they betray an Inability of all kinds; then indeed we must act with Caution: In the first Case, Physick may be given freely, but not so in the latter.

*The Causes of Distempers.*

THAT is said to be the cause of a Distemper which makes it present; it is almost always real, or really produces a new state in the Solids and Fluids, which is in a manner the Distemper itself, or the cause of a Disease takes away that which is requisite to the exercise of the Functions.

IF it remains sometime in the Body before the Effect be produced, it is called Internal; but if it comes from without, and applied to the Body produces a Distemper, it is called External. Internal Causes commonly affect the Humors first, and then the solid Parts; External Causes chiefly work upon the Solids and then the Humours; except in a few venomous and contagious Distempers.

THE Proximate, or most immediate Cause, is all that which occasions the present Illness; and this is always the intire, sufficient, and present Cause of the whole Distemper; whether it be Simple or Compound. The presence hereof makes and continues the Disease; and the absence takes it away. It is almost the same individual with the whole Distemper; and, therefore, it is very useful and necessary to be inquired into.

THE remote Cause, inherent in the Body, is called the predisposing Cause, and is either the Temper, a Plethora, or Cacochymia. The Cause which is necessary to the remote Cause, excites and stirs it up, so that joined together, they make the Distemper; and this is called the Procatartic Cause, or the Occasion. This puts the predisposed Causes in Action, so as to produce the Distemper.

**THE** *Salts* in the *Serum of the Blood*, the *Bile*, and *insensible Perspiration* stop'd, are the Causes of most Distempers.

**WHEN** the *Serum* is over-seasoned with muriatic Salt, it occasions Catarrhs, Coughs, Consumptions, Putrefaction, Scurvy, cutaneous Eruptions and Ulcers.

**WHEN** the *Serum* abounds too much, it causeth Coldness of Constitution, Thinness and Poverty of Blood, Rheums, Dropsy, Chlorosis, and Tumors by Congestion.

**WHEN** it is not plentiful enough, there follows Thickness of Blood, Obstructions, Inflammations, Hot, Dry Constitutions, Hectic Fevers, and Atrophy.

**THE** *Bile* may meet the viliated Humours in the Intestines and Stomach, where ( according to the degree of Fermentation they make with it ) they may produce either Hickups, Heartburn, Loathing, and aversion to Food, Vomiting, Cholerae Morbus, Iliac Passion, Cholic, Gripes, Flatulencies, Diarrheas, Dysenteries, acute Distempers, Fevers, Convulsions, or Hypochondriac and Hysteric Disorders.

**COLD** Air and obstructed Perspiration, causes Obstructions, Inflammations, Phlegmatick Diseases, sore Eyes, Catarrhs, or ferous Defluxions upon all the Parts of the Body, Coughs, Asthma's, Consumptions, Pleurifies, internal Abscesses, Quincies, Erysipelas, Rheumatism, Sleepiness, Fevers, Hemorrhages, Hemorrhoids, Diarrheas, Cholics, Vapours, Scurvy, cutaneous Eruptions, and sharp Pains.

**WHEN**



WHEN the Winter is extreamly Cold, and the Frost continuing without any intermission 'till the Spring, is suddenly thawed, and succeeded by a hot Season, it occasions Inflammations of the Lungs, Pleurifies, Quincies, and such like inflammatory Diseases, and often continual Fevers.

HOT Air, dries up the Moisture of the Eyes, Mouth, Nostrils, and Wind-pipe; heats the Blood too much in the Lungs, from hence a great many Distempers proceed. It consumes the thin Humours externally, and too much Digests what remains within: It dissipates the most Volatile, thickens and dries the Groffer, and thus, continually, diminishes the watry-spirituuous, and volatile saline Parts; but increases and heaps up the more fixed Salts, the thick and cloggy Oils; as also the sharp Salts, with the more fixed and earthy Parts.

THIS makes the Humours unfit to discharge, and debilitates and weakens the solid Parts; from whence proceed Obstructions, Dryness and Inflammation, want of Concoction, Putrefaction, Costiveness, Thirst, Strangury, high coloured Urine, cholerick Humours, acute and hot Distempers, and is prejudicial to the Nerves, Lymphatics, and their Actions. The Air when Cold, shortens the solid Fibres, thickens and strengthens them; which increases their Action upon the Humours; but when it grows warm it dissolves and destroys them.

If the Air be too Moist, it relaxes and weakens the Fibres, especially in the Lungs, it retains and encreases the Serum in the Lungs, and hinders Perspiration, which occasions Coughs, Peripneumonias,



Diarrheas, Numbness and Fevers. If much heat attends, it produces Putrefaction; if much cold, a great deal of Phlegmy Serum. And when the Air is too dry, it has much the same Effects as too much heat. Moist Air is a great Enemy to Hypochondriac and Hysteric Persons; for a rainy Day will make us vapourish and dull.

MEAT and Drink may produce Distempers, by an error in Quantity and Quality. If we be erroneous in Quantity, the Stomach is too much distended, and a Convulsion being raised by that means, contracts the Mouths of the Stomach, and its Vessels are compressed; by which Dilution, Digestion, Attrition, Separation and Expulsion are hindered; and the quantity of Liquors assisting Digestion, disproportioned to the quantity of the Contents; which hinders also the Action of the Part.

THIS great load upon the Stomach obstructs Respiration, and occasions a difficulty in that Action, perverts the circulation of the Humours, occasions Crudities, Belching, Loathing, the Heartburn, Vomiting, Putrefaction, Giddiness in the Head, Confusion, an ill Habit of Body; all which thus, at once, attending the faults of this Place, are scarce corrected in the following Actions of the Body, and thus the Blood is filled with Crudities. See the various Kinds and Qualities of Aliment, their good and bad Effects in my Treatise of Foods.

*The Symptoms or Effects of Distempers.*

THAT which appears preternatural in a distempered Body, and flowing from the Distemper, as from a Cause,

Cause, shews itself so, that it may be distinguished from the Disease itself, and the immediate Cause thereof, is called a Symptom of that Disease ; but if it flow from the Cause of the Distemper, it is called a Symptom of the Cause.

THESE Symptoms which at first only proceeded from the Distemper, as their Cause, again become Distempers themselves, in number, variety, and effect very different, yet commodiously applied by the Ancients to perverted Actions, the faults of things retained, and Excrements, and the altered qualities of the Body.

THE first Class of these is digested according to the Series, or order of the Actions diminished, abolished, increased or depraved ; whence they first begin with the Symptoms of the Appetite to Meat or Drink : And thus the first degree is, that of Appetite diminished ; the next Appetite lost ; thirdly, a Nausea, or an abhorrence of Food ; fourthly, an increase of it above what is Natural ; fifthly, a Pica or insatiable Appetite, for what may be digested or is not fit to eat.

THE Causes of these Symptoms are commonly viscid Phlegm, want of Bile, or the Saline Humour, a relaxed state of the Fibres, or a Palsy, acrid, acid, saline, or bilious Humours in the Stomach and Guts. Worms, a sharp Humour being predominant, and not to be appeased without continual swallowing of Food, a depraved Imagination, especially in Women with Child. An unsatisfied desire of Drink, and an extravagant Thirst, arises from too much dryness, or too great thickness of the Saliva, from too much Heat,

Heat, or an Acrid, Muriatic, Alkaline, or Oily-burnt Salt.

THE first Species of the Action of the Stomach hurt are Apepsia, or want of Digestion; and bad Digestion or Corruption of the Food in the Stomach, occasioning acid or nidorous Belchings; when these happen, the Causes are much like those of a loss of Appetite, together with a great deficiency and unactiveness of the Saliva from the Mouth, and in the Stomach, the languid Motion of the Organ's Respiration, filth in the Stomach or Worms; quick Digestion, if good, is seldom a Distemper; but if too great, the Cause appears from that of too craving an Appetite.

THE faults in the Expulsion of the Contents of the Stomach, are the Hickup, Loathing, Vomiting, Cholera Morbus, and Belching. The first of which, as it seems to be a Convulsion of the Œsophagus, drawing the Stomach, and the Diaphragm upwards, the cause of it is reckoned to be the quick swallowing of too much Food, or the quantity of what is contained in the Stomach, Acrimony remaining therein, Inflammation of the Gullet, Stomach, or Diaphragm, Convulsions from too great Evacuation, or the excess of Vomiting, and from strong Poisons.

LOATHING and Vomiting are spasmodic or convulsive Motions of the Gullet, Stomach and Guts; and also strong Convulsions of the Diaphragm, and Muscles of the Abdomen; when they are moderate, cause a Heaving or Loathing, but when more violent, a Vomiting. And these proceed from too great a Quantity or an Acrimony of the contents of the Stomach;



mach; also from Poisons, the Brain hurt by Wounds or Inflammation; from Inflammation of the Diaphragm, Stomach, Guts and Kidneys; from a troublesome and disturbed Motion of the Spirits by unusual tossings in a Coach or Ship, or by the Idea of something that hath often caused Nausea or Vomiting.

BUT the violent expulsion of Choler upwards and downwards from the Stomach and Intestines, is called Cholera Morbus; and is a Convulsion of the Stomach, which occasions Vomiting, and also a strong Convulsion of the Guts downwards; and so the Causes are the same, but commonly more violent, and chiefly comes upon the eating of Fruit, and heat of the Season in the Month of August.

BELCHING is an explosive Eruption of elastic Matter, or Air, compressed by the convulsive Contraction of the Fibres of the Gullet, Stomach and Guts, which ceases as soon as those are free; this proceeds from Crudities, Putrefaction, acid Humours, Fruit, new Wine, fermented Liquors, a great deal of Acrimony, convulsive Distempers and Poisons.

THE expulsive faculty of the Intestines and Stomach, is also hurt in a Lientery, which is a quick expulsion of the Food by Stool, and whatever is contained in the Stomach, without being altered by Digestion, the Cause of which is the unactiveness of the Humours, as in want of Appetite and Digestion, the Stomach and Intestines being very much relaxed.

IF Chyle be discharged along with the Excrements, it is called the Celiac Affection, the Cause of which is the Stomach being strong enough, and the Humours  
that



that flow from it, whilst the Intestines are too much relaxed, or the Mouths of the lacteal Vessels are, by some means or other obstructed.

A *Diarrhea* is a frequent and plentiful discharge of thin Excrements by Stool, proceeding from Meat and Drink, or a great quantity of other Liquors laid down in the Guts. The Cause is a sharp Humour twinging the Intestines, and pressing out Fluids from the Hepatic, Pancreatic, Mesenteric and Intestinal Vessels, the Mouths of the Mesenteric Veins and Lacteals being obstructed, the Fibres of the Intestines much relaxed, and the Excretions by that means hindered.

A *Dysentery* is a *Diarrhea* attended with Pain, the Matter the same with that of a *Diarrhea*, but sharper; to which are added Blood, the Mucus of the Intestines, Matter, Sanies, black Choler, pieces of Fibres and Membranes, so that it hath the same Cause, only more violent, which is often the Acrimony of some Humours, an Inflammation, an Ulcer, a Gangrene of the Intestines or Parts thereof, that lay down and discharge their filth herein.

THE *Iliac Passion*, is a violent discharge by the Mouth of those things which are taken as Aliment, or Medicines, or Chyle, Choler, Serum of the Stomach, Excrement of the Guts, and Glysters themselves. The proximate or immediate Cause of this Symptom is the inverted Motion of the Fibres of the Intestines, Stomach and Gullet; but the more remote Cause is Inflammation, a rolling of the Guts, a Schirrus, hard Excrements, a Rupture, or Convulsions of the Intestines.

IF the separation or excretion of Choler into the Intestines be hurt, the Symtoms that follow are, the Jaundice, a choleric Indisposition, Stones and Tumor of the Liver; Obstructions, which occasion white, hard, dry Excrements, a loss of Appetite and indigestion of Food, a Tympany or Dropsy: The Cause commonly is an Inflammation of the Liver, with Dryness and Obstruction, a thickness of its Humours, and of the Viscera of the Abdomen.

THE change of the Blood in the Heart is its reception, stay and expulsion, which, if they are too quick, as to Motion, occasion hot, strong, burning Fevers; but if the stay there be longer, and the expulsion weaker, then the Strength languishes, and Polypus's Breed or Phlegm; the Blood is cold and occasions Dropsies, and a great many such like Distempers.

WHEN the action of the Lungs is hurt, it consists first, in the increase or decrease of its efficacy upon the Blood; from the first, arises a hot Disposition; from the last, an impediment in perfecting Sanguification and Nutrition, from whence proceed a Cachexy, an Atrophy, Phthisis, and a great many more bad Distempers. An Asthma rises chiefly from the convulsive Contraction of the Muscular Fibres of the Lungs, but often from viscid Chyle, thick or slimy Juices.

THE principal Symptoms of the Secretion of Urine being hurt, are first, an Ischuria, or a total retention of Urine, without any Separation. The primary Causes of which are a Plethora, an Inflammation of the Kidneys, Ureters or Bladder, or its Neck, or of the Urethra; also a Spasmus or violent Contraction of those

those Parts; a Pressure or Obstruction by a Stone, Tumor, Phlegm or Matter.

THIS brings to my Mind that Ischury which sometimes happens by holding the Urine too long; for the Bladder is then so distended that it cannot contract its Coats and protude its Contents: In this dangerous Case, if you give Diuretics, you destroy the Patients. You must keep them Fasting, Bleed, and put their Legs into cold Water; if this Method fails pass a Catheter.

THE second is *Dysuria*, that case, when Water is made with great Trouble and Pain; of which Species is that we call the Strangury, where the Water is made drop by drop, with a kind of burning heat. The Cause of both is the Acrimony of new Beer or Wine; also Acid Acrimony, Salt Things, Alkalious and Bilious Humours, Bladder or Urethræ excoriated, by Inflammation or an Ulcer, or a Stone, or by the Application of Epispastics.

IT is called *Incontinentiæ Urinæ*, when it flows out without the consent of the Will, or the force of Respiration; it is occasioned most commonly by the Fibres of the Sphincter Mucle of the Bladder being relaxed, dilated or seperated by Cutting, consumed by Suppuration, or putrified by a Gangrene.

THE *Diabetes* is when the Person makes chylous or milky Water often, and in great Quantities. The Cause of it is reckoned to be too great a relaxation of the ends of the Arteries in the Kidneys, as well as the emissary Vessels that pass to the Pelvis; the Humours being also much diluted, which are both occasioned, and produced by watry Fluids.

AN



*An Apoplexy*, is the sudden and entire loss of the external Senses, as well as internal, and all voluntary Motion, Respiration, and the Pulse continuing. The Cause of it is whatever in the Brain, can hinder the Flux of the Spirits from thence thro' the Nerves, as all Compressions of the Brain do, by Fractures, Tumors, Compressions of the Skull in Childhood, bloody, serous, purulent or phlegmatic Humours, stagnating or extravasated within the Skull.

*A Palsy*, is an incapacity of moving the relaxed Muscles, for want of Spirits flowing into the Fibres of them, or arterial Blood into its Vessels, through a default in the Brain, Nerves, the Muscles, or of the Arteries. *A Paraplegy*, is a loss of the Motion of all the Muscles under the Head: The fault is at the beginning of the Spinal Marrow. *An Hemiplegy* is the same kind of Disease on one side of the Body; the fault is on one side of the Brain or Spinal Marrow. From whence the Palsy of any Part may be easily understood.

*The Epilepsy or Falling-Sickness*, is a sudden and total loss of external and internal Senses, and of voluntary Motion, with violent and reciprocal Convulsions. *A Vertigo*, is when Objects seem to turn round, with a staggering Motion of the Limbs; the Causes of both these Disorders are much the same as in an Apoplexy, but gentler.

*A Spasmus or Convulsion*, is a violent and involuntary Contraction of the Muscles, with a Motion of the Parts whereto the Muscles are connected; the reason of which is the violent and continued reflux of the Nervous Juice into the Muscles; but the Causes



of this are various, being either in the Blood, the Brain, the Nerves, Muscles or Scull.

*The Diagnostics and Prognostics, or the Knowledge of the Signs and Events of Distempers.*

SINCE a Disease is an Effect depending upon its Cause, it is a particular Thing distinct from all others, and therefore to be accurately known in its proper and particular Nature, that it may be cured.

THE forementioned Effects, and those called Causes, as they are counted sensible themselves, are called Phænomena; and these are commonly termed Signs, when by them known to the Senses, we can rationally demonstrate the Presence, Nature, State and Event, both of Health, Diseases and Death.

THESE are called Diagnosticks, when they denounce and shew the present Condition of a Body, whether alive, sound, sick, or likely to die, and near what Time. But if they foretel what is to come, then they are called Prognostics. But in the distinction of Diseases, that Sign which is proper to the Distemper, and inseperable from it, as rising from its Nature, is called Pathognomic. The knowledge whereof is very necessary and useful, and often hard to be obtained, but always attends the Distemper, as long as it continues the same, and does not degenerate; but it often consists in a Conjunction of several concurring Signs.

THOSE Signs which teach us the variation or degeneration of a Disease, and shew its altered State, are called accessory Signs; the force of which are so  
beneficial

beneficial in the Knowledge and Cure of Distempers, that nothing can be more helpful in Practice, and the greatest Mischances and Blunders happen therein, when these are neglected.

BUT since all these are Effects produced from the Cause of a Disease, the Disease itself, and its Symptoms which are continually changing; they therefore give the present state and condition of the Matter at every change; and so are commonly reduced to these three Classes: First, Crudity or Concoction: Secondly, Termination in Health, a Distemper or Death: Thirdly, Separation and Excretion of concocted Matter; and these are therefore called decretory or critical Signs.

*The Signs of a future Disease are taken,* First, from the unusual change of any Function or Action, especially from the diminution of Perspiration, unusual weariness and dulness, or heaviness. Secondly, from the knowledge of every Man's Temper, and the particular Structure of his Body. Thirdly, from the knowledge of the procatartic or occasioning Cause. Fourthly, from the knowledge of epidemic Distempers which reign at certain Times.

*The Signs of a present Distemper respect its Causes, Symptoms, State and Event. The Signs which shew the Nature of the Cause, are to be taken,* First, from the Observation of those Things, that being applied or to be applied, occasion Distempers. Secondly, from the peculiar Disposition; and Thirdly, from the Nature of the Effects observable by the Senses.

*The Signs of acute Distempers in the Humours are taken,*

*taken*, First, from the Swiftnefs and Violence of the beginning of the Distemper. Secondly, the Violence of the Symptoms. Thirdly, the Functions hurt. Fourthly, the Excrements. Fifthly, the epidemic Constitution. Sixthly, the Season of the Year. Seventhly, the Sex, Age, Life and Temper of the sick Person. If these Signs are all strong, they shew Danger, if gentle they promise well.

*The Signs of too great Thinness or Fluidity of the Humours*, are plentiful Perspiration, a great deal of Sweat, Urine and Spittle; loose and large Stools; Leanness and Contraction of the whole Body; Weakness, Thirst, indisposition to Motion; in which Case thickening Things are good.

*Signs of too much Thickness and Viscosity*, are Tumor, Pain, Uneasiness, Circulation, Secretion, and Excretion hindered and become slower; if with these Signs, Cold also appears, it shews Phlegm; but if great Heat attend, it denotes a thick inflammatory Humour. From whence we may understand the Signs of Water, Salt, Oil or Earth Predominant.

*The Signs of Acrimony in the Humours*, are Pain without Motion increased, or any apparent great Obstruction; as also the Corrosion of the Part without any present Tumor. The Alkaline Acrimony is most natural to human Bodies, because all animal Substances are Alkalescent.

*The Signs of an Acid Acrimony*, are four Belchings, a craving Appetite, cholical Pains, dry Gripes, change of the colour of the Bile from Yellow towards Green; a sour Smell in the Excrements and Sweat, paleness of the Skin, lowness of the Pulse, and some sort of Eruptions of the Skin.

*The*



THE chief Seat of Acidity is in the Stomach and Intestines, from whence it will sometimes pass into the Blood and other Juices; Eruptions not Inflammatory, nor tending to Suppuration, point rather to an Acid than an Alkaline Cause, and the Success of the Cure demonstrates the same, such being often healed by Alkaline Salts.

*Signs of an Alkalious Acrimony*, are Heat, Thirst, hot nidorose Belchings, foulness of the Tongue and Palate, a bitter and hot Taste in the Mouth, Sickness, Loathing, bilious Vomitings, Stools with a fetid Smell, thick, brown, frothy, fetid Urine, Pains in the Belly, with Heat. All these, excepting the Urine, are Symptoms of an Alkaline State of the Humours in the Stomach and Bowels.

SUCH a State disposeth the Humours of the whole Body to Heat, Inflammation and Putrefaction, and all the dreadful Symptoms of malignant and pestilential Fevers, dissolves the Blood, hinders Nutrition, and often causeth Eruptions on the Skin, dark, livid, lead-colour'd and gangrenous, and what is commonly called the hot Scurvy, Acids are serviceable.

*Signs of a Muriatic Acrimony*, are a Salt Taste, a gentle Corrosion, an Itching, which occasions Redness, a great and continual Thirst scarce to be quenched; a Dryness and Roughness; Salt Urine, with a thick Sediment and a thin Scum, like a Skin swimming upon it; in which Case watry Things are good.

THE Tongue affords the most certain and naked View of the state of the Blood then any other Sign, an Acid Taste upon the Tongue, betrays the Acid Constitution



Constitution of the Blood, and that of the other Humours derived from thence; a Salt Taste, speaks the Saltness of the Blood; a bitter Taste, its abounding with bitter Particles; a viscid, mucous, insipid Taste, speaks plenty of the like Particles; if the Tongue is Moist, so is the Constitution of the Blood; if Dry, then the Blood is of a dry inflammatory Nature.

OTHER Signs do frequently deceive us, but this seldom or never: Take care then that you never visit a Patient without minding the Tongue, let the Disease be what it will, especially if you suspect internal Inflammations; for these you may certainly know from the Tongue, which dries upon the least inflammatory Disposition, and grows drier and drier as the Inflammation rises.

GREAT Care must be taken to observe what agrees with our Patient; we must avoid what they have an Aversion to, or what disagrees with them: Suppose there be no natural Antipathy against any Diet, and yet it disagrees, it gives a fair hint to a Physician of the Cause of a Disease; for Example,

If Puddings or Eggs disagree with their Stomachs, and they had no Aversion to this Diet, when they enjoyed Health, it is a Sign that a viscid Diet is prejudicial to their Disease, and that such Diet as is known to enjoy contrary Properties, will be convenient either in Diet or Drugs. Physicians sometimes have no other Method to judge of the Cause of a Distemper, and a very good one it is, if it be rightly applied.

THE knowlege of Coction and a Crisis are very necessary

necessary to make a true Judgment of Distempers; and this is chiefly to be acquired by the knowledge of the vital Functions, which is chiefly to be judged of by the Pulse and Respiration; and since Urine is an Excrement separated from the whole Mass of Blood, and thrust out by the force of Nature, this also ought to be carefully considered, to see how far it may shew the disposition of the Blood, and the degrees of Concoction.

IF we would certainly know what is like to follow in Diseases, we should make a Comparison between the Patients Strength, and the Violence of the Disease; for if Nature be strong, the Patients have reason to hope well; but if their Spirits are exhausted, they have reason to dread every little Symptom.

AND these things are best guessed at from the Functions and Secretions, which if they be rightly performed, all goes well; if the Animal Spirits be sufficient, if the Circulation be well performed, and if our Appetite and Digestion be little injured, then Diseases may be easily bore; but if the contrary happens, Death must ensue.

*The curative Indications of Distempers.*

THE distempered Humours being understood, indicate their Alteration, or Evacuation and Discharge, and that in the whole or the part affected alone.

THE fault of a Humour fixed in any one single Part, always implies the Grossness of the Humour, or the ill Condition of the solid Part, and therefore indicates

dicates a Change of the Humour as well as the Vessels, that they may both conspire to a free Passage.

WHEN a Humour is too gross to pass thro' a Part, it may be rendered fit to circulate; First, by diluting watry Things warm, either in Drink or Baths, applied to the obstructed Part. Secondly, by Saline Resolvents, as *Nitre*, *Sal Prunella*, *Sal Armoniac*, &c. Thirdly, by those Things which are contrary to the Cause of the Coagulation, as when it arises from Acids, by the use of Alkalies; when from a glutinous or phlegmatic Cause, by Things of a soapy Nature with Nitre, or by those of an aromatic and spirituous Nature, which stimulate and correct the Humours inwardly.

If the Passage be stopped up and obstructed, it may be relieved; First, by opening it with emollient Fomentations and saline Ingredients. Secondly, by cherishing and mollifying the Matter lodged in the Part, with such things as soften and tend to Putrefaction and Suppuration, and to reduce the Matter into Pus, which is done by mild Meals as of Oats, Barley, Beans, Rye, Wheat, Linseed, Fenugreek-Seed, Althea Roots, &c. roasted Onions and Figs. Thirdly, by opening the way for the Matter thus prepared, by Section or Caustics.

THE faults of the Humours vitiated in the whole Mass being known, as have been shewn in the Diagnostics, indicate the contrary Medicines. Too much Thinness or Fluidity requires Thickening, as by Gellies made of the parts of Animals and Vegetables; and Drink prepared of Water thickened by Meal without Fermentation, the Actions of the Viscera being



ing encreased and promoted by a good Diet, Exercise and Air, and confirmed also by the use of proper Cordials and corroborating Medicines.

If the Humours be too Thick, they are to be attenuated by thin and light Diet, as Broths boiled with attenuating Herbs, as Fennel, Parsley, Succory, &c. As also by Mustard, Scurvy-grass, and Aromatic Spices. By diluting likewise with Drinks and Baths made of watry Things, and assisted with Heat or Exercise. Also by Vomiting, Purging, Sudorifics, Diuretics, Blistering, or Mercurial Medicines. Lastly, by strong Resolvents, as fixed Alkalies, volatile and soapy Salts, and Medicines compounded of such,

Too much Motion of the Humours in Circulation, Separation and Expulsion, indicate the appeasing of that Motion, which is to be done by taking from that stimulating Quality, which excites the Fibres thereto, and also by correcting it with its Contraries; which is done by blunting the force of the Humour, by diminishing the quantity of the Mass of Humours, and laying them quiet by the use of Opiates and Anodynes. But if the Motion be too little, take away the Impediment, by the use of Evacuants, Attenuants, and cordial strengthening Medicines.

THE Acrimony of the Humours being also known, indicate the dulling of that Sharpness by Diet, made of such Things as are almost insipid; for Example, Meal, Gellies, and soft oily Things, as weak Broth, Milk with Bread, fresh Almonds, Walnuts and Chocolate; sweet Fruit perfectly Ripe; drinking of Water, and quietness of Mind and Body; by diluting the Humours with watry Lenients, a little oily and



emollient in Ptisans or Emulsions, and lastly by Opiates and Anodynes.

If the Humour be Acid and Acrid, that Sharpness may be corrected by convenient Diet, as Eggs, Flesh and Fish, with watry and fat oily Drink, as Canary, Spanish Wine, Mead and Mum, chearfulness of Mind is also requisite, and absorbing Medicines, as Crabs Eyes and Claws, Coral and Chalk; also fat Earths, as the Armenian and Japan, Dragons Blood and filings of Iron, reduced by rusting and grinding; volatile alkaline Salts, and fixed and lixivate ones; also emollients and oily Things, which blunt the edges of such Humours; and lastly, soft watry Diluters.

*Alkaline Acrid Humours* require a Diet consisting of Milk and Whey; acid, mealy Substances, and Fruit; the Drink thin and acidulated; and such Medicines as may alter the Humour into a soft compounded Salt fit for Circulation; such are all Acids, sharp acid Whey, Butter-Milk, Sour-Milk, Sorrel, Barberries, Currants, Juice of Lemmons, Oranges, Rhenish Wine, Vinegar, Cream of Tartar, Tartar of Vitriol, Spirit of Nitre, Salt, Sulphur and Vitriol, which dull the acrid alkaline Parts by being admitted into their Pores; also salt fat Earths, as the Armenian and Japan, or soft expressed Oils, Sulphur, and soft watry Diluters.

*Muriatic, or Sea-Salt joined with Acrimony*, indicate a Diet altogether without Salt; as watry drink slightly acidulated with Spirit, and emollient and diluting Medicines; and those things in general that destroy and serve to take away Acrimony. This  
saline

saline Acrimony and the Scurvy, is best cured by Acids, as Cream of Tartar, Tartar of Vitriol, Spirit of Nitre, Juice of Lemmons, Oranges, &c. and aqueous Liquors. If we cannot find out the Species of the Acrimony, it is then safest to dilute well with fresh Water, Water-Gruel or Whey; for all Acrimonies are safely and conveniently diluted, and carried off by Water.

WHOEVER duly considers what have been here delivered, and hath read *Hippocrates*, or is acquainted with Medicines, will soon find out such as are fit to promote Coction, and a Crisis in acute or chronic Distempers: These Intentions, consisting chiefly in attenuating what is too Thick, opening Obstructions, mollifying sharp Humours, moderating the Blood's Motion, tempering its Agitation, or strengthening the relaxed Parts.

A great variety of Distempers may arise from the same simple and material efficient Cause, if applied to different Parts of the Body. Nay a great many severe Diseases are owing only to the varied Motion of the animal Spirits, and barely to Obstructions; and lastly, only from Cramps or convulsive Contractions, Wind, small Stimuli and Poisons; and hence it is evident that a great many Distempers may be cured with one Medicine. The most universal Medicines hitherto known are Water, Sulphur, Mercury and Opium.

*A good Regimen, one of the most effectual Remedies in all kinds of Diseases.*

It is now highly convenient to give full and particular

particular directions in Sickness, that when we have any Patients labouring under Diseases, we may know how to regulate them, in relation to their Diet; for it is certain that many are cured of Diseases by the strength of Nature, only assisted by Kitchen Physick.

AND it is certain also that Physick unassisted by a Regulation of this Kind never avails, because the Patients offend as much by an ill Regimen, as they profit by taking Drugs regularly, and so it happens that they amend slowly, or not at all, whilst their Physicians are at a stand to know why they do not advance according to Expectation; wherefore I shall begin first with Fevers.

### *Continual F E V E R S.*

A simple continual Fever, is the continuance of an increased Velocity, in the circulation of the Blood, beyond what is natural to the Constitution; if this Velocity often decreases, and afterwards rises to the same height, 'tis a continual periodical Fever, and if it entirely ceases in the space of a Day or two, 'tis called an Ephemeric.

THE causes of Fevers may be many and various; as Anger, hard Drinking, high Feeding, the taking of cold or an obstructed Perspiration, which creating a Plenitude of the Vessels, is supposed to be the most general Cause: All Fevers seem to proceed immediately from the quantity, quality, or motion of the Blood, being vitiated.

THE Diagnostics of a Fever are, first; a quick Pulse; secondly, an universal Heat, creating great uneasiness;



uneasiness; thirdly, a Pain sometimes universal, at others, particular; as in the Loins, and frequently on the Head, arising from the distention of the Vessels by the rarefaction of the Blood.

FOURTHLY, Watching, occasioned by the separation of more animal Spirits than usual. Fifthly, a dryness of the Tongue, and thirst caused by a defect of Saliva, from the heat and motion of the Blood. Sixthly, a want of Appetite proceeding from a distension of the Vessels in the Stomach, which causes a pressure of the Nervous Coat, not unlike the pressure felt after eating.

SEVENTHLY, a difficulty of breathing, which may proceed from the rarefaction of the Blood, causing a Plenitude in the pulmonory Vessels. Eighthly, Convulsions, or the Inflation of one muscle without its Antagonist; but these rarely happen in simple continual Fevers, unless complicated with other Diseases.

NINTHLY. Drowsiness, which seldom comes on but when the Blood is corrupted, or its Texture spoiled. Tenthly, spots and pustules generally Red or Livid, occasioned by the broken Texture of the Blood, whose red Globules now Transude, instead of causing a Rupture.

### P R O G N O S T I C S.

AN even Pulse, a free Diaphoresis, and a plentiful one about the time that a separation appears in the Urine, are good Signs. If a continual Fever intermits, it usually goes off so. A Diarrhea, if moderate, as also a Hemorrhage, about the time of the Crisis

is good. If a sedement appear in the Urine, 'tis a sign of Recovery.

*The C U R E.*

IN depressed Fevers, allow a little White Wine to the Panada, sometimes Chicken Broth; to which, in case of a Diarrhea, may be added Raf. C. C. If the Patient be very weak, and no Symptoms contra-indicate, a Glas of Wine and Water, with a Toast may be now and then permitted.

IF Persons in slow Fevers are attacked with a Drowsiness, from Humours seizing on the Brain, or with Pains there, a little Coffee is allowable to disperse these Humours, and to carry them off by Urine. In Fevers, Tea is a most agreeable Liquor, and they generally like it for quelling their insatiable Thirst.

IN Inflammatory Fevers, Wine ought to be forbid, or very moderately used; white Wine Whey may be indulged; Water Gruel and Barley Water are excellent; Sage Tea will serve for a change; at the Declension, a Glas of Sack diluted may do service; and here Table Beer, with a Toast, may be more freely used.

CYDER WHEY is an excellent Dissolvent and attenuant Drink, more grateful to the Stomach than Whey made of white Wine or Canary, and more effectual to thin the Fluids, and is an excellent Drink in both continual and remitting Fevers.

A Vomit is so necessary in a Fever, when any indication to vomiting went before, that unless that Humour be evacuated, it will occasion many difficult Symptoms

Symptoms that will obstruct the Cure, and much endanger the Sick ; a Looseness most commonly follows in the declination of the Fever when Vomits were omitted, when indicated.

LENIENTS to empty the Guts are proper at any time of the Fever ; but let no violent Diaphoretic be given in acute Fevers before the seventh Day, for the peccant Matter being yet crude and mixed with good Juices, you'll either inflame the Fever, or stifle the Patient ; therefore the disease does not yield to such remedies 'till the signs of concoction appears.

AND truly in the curing of all Fevers, he hits the mark best, who certainly knows by which way the febrile matter is to be excluded, viz. by Bleeding, Sweating, Purging, or any other more proper way.

SOMETIMES a Phrenzy happens in Fevers, and kills the Patient, unless the inflammation be restrained ; in this case (after Bleeding and the injection of a Glyster or two) spirit of Vitriol drop'd into small Beer for ordinary Drink, will in a few Days conquer the Symptoms, and cure the Patient.

AN *Ephemera*, or a Fever of one Day, is cured by abstinence, rest, and diluting ; and the same method will prove effectual if the Fever lasts several Days, and is not Putrid, bleed, use a cooling Diet, and cooling Medicines.

ARDENT Fevers are known to be such by the extreme burning heat of the Patient's Flesh ; a quick and strong Pulse ; a yellow, black, burnt, and rough Tongue, and an unquenchable Thirst. The Fluids  
are



are too thick, so the Fibres, and Vessels are too rigid.

IN such burning Fevers, with great inflammation and obstruction of the capillary Vessels, the curative indications are, by proper refrigerating Dissolvents to abate the febrile Heat, and thin the Fluids; and by suitable emollients, pelaxants, and diluents to take off the rigidity of the Vessels.

AFTER bleeding, give nitrous and acid Medicines, which are most effectual in curing these Fevers; such as Sal Nitri, Sal Prunella, Cremor Tartari, Tartarum Vitriolatum, Spiritus Sulphuris, Vitrioli, Succus Lemonum, et Aurantiorum Acidorum, Decoctum Coccinei Fulleri, and the Decoction of Tamarinds.

WHEN the Crisis begins to appear, that is, when the Urine begins to have a sediment, we may safely give gentle Diaphoretics proper to promote the Crisis; for the mixing a small Proportion of some warm Ingredients (such as Rad. Serpent. Virg. Sal-Succini, &c. with these cooling Salts, is in many cases very serviceable.

THE Drinking plentifully of proper Liquors is necessary not only in Fevers resulting from inspissating Causes, but also in those produced by dissolvent Causes, and where the Blood is too thin, because it will dilute the acrid Humours, and set the dissolvent Particles at a greater Distance from each other; and thereby abate their Influence and Agency.

2. BECAUSE it may wash off, and carry away thro' the excretory Ducts many of the acrid dissolvent Particles,

ticles. For these Reasons, even under putrid Fevers, sick Persons ought to be directed to agreeable, pleasant, and proper Drinks, and advised to drink freely of them.

*A PHRENZY and a weakness of SPIRITS.*

AN inflammation of the Brain, along with a dispirited Condition, may meet in one Patient, in a Fever. To cure the Inflammation, bleeding would be absolutely necessary, in order to deplete the Vessels so far, as that gentle Aperients, added to watry Liquors, may dissolve the Coagulum stagnating in the Capillary Fibres of the Meninges, and push it into motion, and thus relieve the Inflammation ; but the want of Spirits will be so much worsted by this procedure, that it will not be possible for them to survive it : However, if the evacuation be well manag'd, and gradually done, ( giving Ccridials to support the Spirits ) it must be attempted, and will often succeed.

*The Methods used in critical Translations of DISEASES.*

A Disease may be translated from within to the extreme Parts, or from the external to the internal Parts ; the first is generally Critical, but the latter (generally) Symptomatical ; generally, I say, because if the matter translated from without to the internal Parts is evacuated, this is equally a critical Translation.

E. G.

If then any Tumour should be critically expelled, which may be known to be such, by the disappearance of the perplexing Symptoms which afflicted your Patient before the Eruption ; we must make use of such  
external

external Remedies as will invite the plentiful Afflux of morbid Matter to the Tumour ; and give internally Alexiphormics to promote its expulsion, that it may be evacuated by the Part which receives it.

IN like manner, if a Parotis behind the Ear should happen upon a Fever, the deleterious Humour which is critically expelled, must by no means be thrown back again into the Blood ; but we must relax the Fibres with unctuous Medicines, that the Part affected may give free inlet to the influent Humour, and engage it there, and then we must secure it by Suppuratives.

IF in any eruptive Fever, where the Pustules or Eruptions begin to fade, a Diarrhea, a flux of Urine, or any other natural or critical Flux should succeed them ; the Translation is useful, and therefore ought to be encouraged, which will effectually carry off the Disorder.

A Crisis is a battle or duel between Nature and the Disease. In Fevers, the purulent Matter may be critically translated to the Pores, the Anus, the Bladder, the Stomach, the extreme Parts, and even to the Nostrils ; if this is done by Nature's endeavour, 'tis so much the more agreeable and certain.

BY Nature I mean, when some Concoction has preceeded, but even Art may have some Part in such a Translation ; for Lenients may be used to translate the morbid Matter to the Anus, Diaphoretics to the Pores, and Blisters do it with Success to the Skin, and the very Ichor in such a case is morbid, I speak only with regard to some previous Concoction.

*The*



*The Method to be used in F E V E R S, which yield not easily to critical Evacuations.*

IF a Patient upon a concocted Urine, at the state of a Fever, fall into such sparing sweats, as only to abate the Fever, and the fierceness of the Symptoms; and if nature attempt no further evacuation, nor can they be produced by Art, recourse must be had to gentle Lenients, in order to carry off the remnant of Matter in the Blood, which will often succeed, and all the Symptoms abate; and upon Repetition of them, the Fever will be entirely cured.

IN partial Crisis, whether in simple, putrid, or malignant Fevers, where some share of the peccant Matter is evacuated by Sweats, Urine, Diarrhea, Coughs, Pustules, or by any critical Evacuation, Eruption, or Translocation; and there still remains in the Blood Matter, enough to produce dangerous disorders, such as Convulsions, Watchings, Deliria, Epileptic and Hysteric Fits, Syncope, Asthmas, &c. we must proceed to such farther evacuation as the disease will most easily allow of; and I am of Opinion, that in our Climate, Lenients, when indicated, are most useful.

However, Lenients, are not the sole Remedy indicated in such a partial Crisis, to supply the deficient extermination of Matter, for bleeding is sometimes necessary in partial Parotides, or demi critical Eruptions in the Small-Pox, according to the decree of commotion and Nature of the cause; nay, in many cases Blisters effectually evacuate the Remainder, as appears by daily observation in Fevers, where, tho' the Urine settles, and gentle critical Sweats supervene; yet these are not sufficient to take off Coma's, or Deliria, without

without the additional evacuation by one Blister or more, which do frequently relieve the Patients.

*Intermitting FEVERS and AGUES.*

AN Ague is the seizure of a cold-shivering, which being soon succeeded by heat, goes off in a Diaphoresis.

WHEN the coldness or shivering is scarce perceptible, or there is a periodical return of a hot Fit only, 'tis called an Intermitting Fever.

ACCORDING to the different return of these Fits, the Distempers are differently termed, viz. *Quotidian*, *Tertian*, or *Quartan*, Ague or Fever.

A *Quotidian* is the return of the Fit once every Day; if it comes twice every Day, 'tis a double *Quotidian*.

A *Tertian* is the return every other Day, *i. e.* every third Day inclusive; if it return twice on the same Day, 'tis a double *Tertian*.

A *Quartan* is the return every fourth Day, counting the two Fit Days: If it happens twice on the said Day, 'tis a double *Quartan*.

THE principal Cause of Agues seems to be an obstructed Perspiration, or whatever by overloading the Juices retards their Motion, or creates a Lenter in the Blood.

INHABITANTS of the same Country are troubled with the same Diseases; but as each differ in his Diet,  
his

his Exercise, and hours of Rest ; therefore a common and epidemical Distemper depends on what all equally partake of, that is, on the Air.

THE *Diagnostics* are Heaviness, Dulness, Drowsiness, Reaching and Vomiting : A small slow Pulse, Coldness and Shivering, beginning in the Joints, and thence creeping all over the Body ; Pain in the Loins, Paleness in the Face, and Sinking of the Eyes.

As for the Yawning and Stretching which precede the cold Fit, they proceed from Influxes of the nervous Juice into the Channels of the Nerves : Hence Yawning is only an influx of the Spirits into the Muscles of the lower Jaw, and Stretching is the same Influx made into the various Muscles that are acted upon all over the Body.

In the hot Fit, internal Heat, quick and strong Pulse, Thirst, Respiration short, Watchfulness and Pain in the Head, Urine pale or red, universal Sweat.

'Tis every ones concern to avoid the common Cause of Diseases, but if necessity obliges us to an abode in a distempered Air, the same spurs us up to seek a Remedy.

THE Diet should be warm, attenuating and somewhat Astringent. If Exercise be used, Flesh may be allowed ; Mustard and Aromatics eat plentifully are of Service ; Red Wine is proper, but salt Meats, Cheese, and any thing Viscid, should be avoided.

A Dish of Coffee drunk hot, does not only soothe the violent Anguish that Persons suffer during the cold



cold Fit of an Ague, but will even cure them of the Disease by continuing its use for some Time, and will so help the Digestion, as to correct the remainder of the depraved Juices, that they cannot rise into a Fit.

FOR Coffee digests Crudities in the Stomach and Blood, and takes of Viscosities, and the Blood being too viscid in Intermitting Fevers, the taking Coffee in the Intermittions ( which is the properest Time ) cannot fail of relieving the Patient.

COLDNESS attends a slow Motion, which shews a Viscidity of the Juices, and the Remedies and their Nature do evidently prove that there is cold Viscosities in our Vessels; such are fixed and volatile Salts, and all Aromatics which do stimulate the Vessels, and dissolve the Juices by dividing them, and restore the natural Thinness and Consistence of the Blood.

AND as Agues are the reigning Disease in the Marshes of *Lincolnshire*, let them take the following Medicine after a Vomit, and suffering three or four Fits to pass over before they take it.

TAKE Peruvian Bark in fine Powder an Ounce, Ginger and Salt of Steel, each two Drams, Honey of Roses three Ounces, mix and make an Electuary, and take the quantity of a Chestnut thrice a Day when the Fit is off, and a draught of Wine or Ale after it.

BORICHIUS cured a Woman of a Quartan Ague by putting her into a furious Passion. Extraordinary Emotions may suddenly dissolve the Coagulations, and dissipate the Obstructions which cause the regular returns of the Fever. A

*A Quartan AGUE along with a DROPSY.*

THE *Dropsy Anasarca*, which has succeeded a Quartan Ague, need not be remedied 'till the Quartan is taken off; for the Cathartics given for the abundant Cacochymy, may re-produce the Ague cured by the Cortex: However, if Cathartics are not indicated, there is then no contrariety of Indications; but the Bitters, the Volatile, the fixt Salts required by the Dropsy, may be blended even with the Cortex, between which there is plainly an Analogy of Operation, as far as Practice, Reason and Experiment can inform us.

*S M A L L P O X.*

AMONG the Crowds of Diseases that afflict Mankind, the Small-Pox requires a nice Management, and therefore I shall in few Words give a Detail of the Nature of this Malady, in order to clear up the sort of Diet that ought to be made choice of in it.

THERE is a Fever for three or four Days, that preceeds an Eruption, greater or smaller, and these Pimples run the very same Course that a common Itch does, that is, they break forth in small Pimples, grow red and larger, they turn into Matter of various Colours, according to the degree of Acrimony in the Blood and Juices, and then they scab and fall off.

THE Fever that preceeded ceases upon the Eruption, if the Matter of the Pimples be free of Acrimony, and be few; but if its Acrimony be great, and the Matter not laudable, there is another Fever that accompanies their Throbbing, which is an Inflammatory

matory one, and a third attends the ripening of them, which is a Putrid one, from a Resorption of the Matter. The first Fever is depuratory, and is raised from the Acrimony stimulating the Heart and Arteries, and being thrust out by the force of the Circulation from the Blood Vessels, it takes its Course.

THERE is an observable Remission in the Fever after Eruption, even of the worst Kind, and 'till the Pimples all over begin to be painful and throb, the inflammatory or symptomatical Fever does not commence in earnest; and I think it is easy for any Practitioner to distinguish this Fever from the Putrid one, which is also Symptomatical, by the Symptoms that characterise these two from each other.

As for the Species of Acrimony that reigns in the Blood, we may partly know by the colour of the Matter contained in the Pimples: For where the Matter appears of a greenish Colour, and the Scabs are whitish, it is a sure sign of an Acidity.

THERE is a strange Propensity of this Matter to settle about the Face and Head; and when the Face is loaden with Pimples, the Head is generally seiz'd also, as appears by the comatous and sleepy Symptoms that accompany this plentiful Eruption; so that Physicians do greatly observe whether there be many on the Face, and do take many of their Prognosticks from thence.

THE Reason why the Face is more loaden than other Parts of the Body, may be because the Pores of the Face being daily exposed to the cool Air, have a Rigidity given them, that resists the Motion of the Fluids



Fluids passing that way, and transpires fewer streams than other Parts.

BUT to return, the Fever is sometimes slow, and at other times it rages greatly before the Eruption: This Fever depends on an Acrimony that dissolves and agitates the whole Mass of Juices, and which, encreasing the Blood's Bulk, causes a distension of the Vessels, and Pain must ensue where the Vessels press upon the Membranes; that is, in the Head and Back. A redness of the Face is no other than a greater distension of the Vessels of the Face, from whence the Blood runs into the Capillaries.

THE difficulty of Breathing, which is often very great before the Eruption, is but the inflation or dilatation of the Blood-Vessels of the Lungs, whereby the Air-Chamber is lessened, and less Air can be drawn in than formerly; that is, the Lungs resist its Entrance, and fall forcibly down again: These and many more arising from the same Cause, on different Parts of the Body, destroying or lessening their Functions, are worth Notice.

THE more regularly the Pimples appear, the greater hopes are there that the Blood's Acrimony is small; for where they appear later than the fourth Day, it is just to conclude, that there are fewer Spirits separated than there should be by Nature, and, that there is a preternatural Viscidity in the Juices that hinders this Secretion of them: From whence it will follow, that the Blood's Motion is too slow, and incapable of throwing out that extraneous Matter which *Marton* calls Poison.

BUT where the Expulsion is earlier then the fourth Day, then is the Blood too much hurry'd on, and the Spirits are secreted in a more large Proportion than usual; here the Blood's Consistence is dissolv'd into a Putrilage, and sometimes does not Cake at all when let out of a Vein. This latter Case is a plain Argument of an alkalious Acrimony, either state, preternatural to any Pitch 'bodes danger.

BECAUSE thro' the whole Stages of the Inflammation, the Physician is either Spurring or Biting, he is either Bleeding and Cooling, or Blistering, and giving warm Cordials; and if he can by his painful Industry keep the Juices moving on, and give them a due Consistence, it is odds but he gains his Point at last; and, if he fails, who can wonder? Torrents will overwhelm Castles.

I have said so much as to lead my Readers into the Diet and Regimen proper for their Sick: In general, Warmth is necessary to soften the Skin, and force the Matter lodged to run its Stages over with greater Safety: Wherefore let the Air of the Room be inclining to Warmth, that the Pores may be opened, and that the Matter dispatched to the Skin may not be repelled, which would be of ill Consequence; and also that the Pimples may be capable of receiving all that is proper for their Encrease.

THEIR Diet must be ever thin and plentiful, because the Acrimony must always be diluted by watry Liquors, and a gentle warmth of the Liquor dissolves the Grumes of the Blood, and they should be taken with a plentiful Hand, because the Salivation will go on more regularly thereby, which in the dangerous  
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fort is often curb'd for want of a due Consistence ; I therefore advise Gruels, Sack-Whey, Cyder-Whey, Decoction of Apples, Sage Tea, and Milk and Water for ordinary Liquor.

IF there be a great Heat attending them, we must take care to avoid too strong Things : But if, on the contrary, there should be a defect of Heat, then are you to mix Wine with all they take, to excite a just Motion in the Blood, and to give them Life to support the Pimples, that nothing may retire into the Blood, and taint it. Sleep is a desirable Blessing ; what with throbbing and pressure of the Pimples, this can hardly be obtained.

AND therefore Opiates become highly necessary through the whole Course of this Disease, save the time preceding the Eruption ; and as Nature ought to answer every Day, the same must happen here, and, if she is sluggish, ought to be promoted by a Glyster, or a Suppository ; and as all Ranks of Practitioners cry up the good Effects of Opiates in this Disease, there can be no apprehensions of a Flux, where they are every eighth or twelfth Hour obliged to give them to their Patients.

### P L E U R I S Y.

A *Pleurisy* is described to be an Inflammation of the Pleura, of the adjacent Muscles, and of the Lungs, with a pricking Pain of the Breast or Side, a Cough, a difficulty of Breathing, a continual Fever, and a frequent and hard Pulse. The Part affected is the Membrane, called the Pleura, which covers the Ribs on the Inside towards the Lungs : The Muscles called Intercostals are also affected.

FROM



FROM the difference of the Pain it is evident how different Parts are affected, for when the Muscles are affected, the Pain is obscure, but when the Membrane is seiz'd ( which is Nervous ) the Pain is pricking, and so violent, that the Patients complain as if they were pierced thro' with a Needle. This Membrane is not only affected, but also the Lungs are greatly inflamed; for by the Communication of the two Membranes, and by the spitting up of Blood and Matter, it is evident that all are affected together.

UPON account of the Parts affected, one is called a Bastard, the other a true one: The Bastard Pleurisy, is that which seizes upon the Muscles only; the true one is, when the Muscles, the Membrane and Lungs too are seized. Next, another Pleurisy is Moist, another Dry, when, to wit, much or little, or nothing at all is Spit up: Another is beginning, another confirmed from the Time it has lasted: One is also called Benign or Kindly, and another Malignant, according as it is attended with gentle, or very bad Symptoms.

THE remote Causes of a Pleurisy are a Plenitude, by which the Pleura's Vessels, by Reason of the Rarefaction of the Blood, and its too great Expansion for want of Space, are preternaturally distended, and perhaps broken; whence is the Blood's Circulation impeded, which therefore flowing out of the Vessels stagnates there, and occasions an Inflammation; or the gross Humours are drawn into the Vena Azegos and stagnate there, which will happen by immoderate Exercise or Heats, when the Patients are too soon cooled after them; or as often as upon violent Exercise or Heat they drink cool Liquors; or if upon  
Heats

Heats we expose our Breasts suddenly to a Northern and cold Air, which so straightens the Vessels, that an Inflammation necessarily ensues.

For where ever the Fibres are contracted by Cold, they stop the flux of Humours that way, and then an Inflammation follows; and very often cold Liquor being taken plentifully, and arriving at the Vessels, and there cooling the Blood, and thickening it, there is a stand put to its Motion in the Nervous Channels, and a Pleurisy ensues; for the Humours being thus congealed cannot pass as formerly, and more following, there is an Accumulation of impassable Liquors, a Distension and a Pleurisy confirmed, which if it is not taken off by proper Means impostumates, and causes them either to spit it up, or it breaks into the Lungs, or into the Breast, and the Blood either stagnates, or is extravasated, and always acquires an Acrimony.

As to the Causes of the distinguishing Signs of the Pleurisy, the pricking Pain arises from the Blood's Stagnation or Extravasation, upon either of which the more obtunding Parts fly off, and leave the Mass so standing or extravasated Acrimonious; and according to the Degree of Acrimony, and the Part on which it is deposited, the Pain is less or more Acute. The Thirst arises from the Blood's being too much agitated, and so leaving the Parts dry.

THE second Sign is the Cough, which arises from the acrimonious Humours deposited on the Lungs, and there molesting their Motion and Action; and the bloody Matter which is thrown up by Coughing comes from the Lungs themselves, because the Pressure

ture and Contraction too are sufficient Causes of the small Vessels being broken, and throwing up their Contents, and this particularly happens towards the stage of Suppuration, when the Vessels are highly stuffed, and they are rendered thin thereby.

THE third Sign is the difficulty of Breathing, which spring from the lessening of the Air Chamber, in the same proportion as the Tumour encreases; for where once an Obstruction commences under a Fibre made too tense or rigid, the Motion of the Blood is hasten'd thither, and an Inflammation ensuing, the Function of that Part must be greatly impeded. Now the Fibres are too rigid in Compressions, Contractions, Contusions, and the like Cases, and then when the Blood stagnates, the least Oscillation is communicated all over, and particularly at the Part affected.

THE fourth Sign is the Fever, the cause of which is the frequency and celerity of the Pulse, and that frequency has for its cause the Acrimony of the Humours that stimulate the Heart, whence the Pulse is in this Case always more frequent, which happens either from a conflict between contrary Salts, or a friction of Bodies against each other. If therefore such Com-motions and Conflicts, from what Cause soever they proceed, ensue, Symptoms of various kinds follow; such is Thirst, from an Evaporation of the necessary Fluids that moisten the Tongue; such is a bitter Taste in the Mouth, from a Mixture of Bile among the Blood, &c.

THE fifth Sign is the frequency of the Pulse, and this Sign along with the quickness of the Pulse, are distinguishing Signs of a Fever, and agree to Fevers alone



alone and always : because if these two Signs are present Patients have a Fever, if not, they are free of a Fever. This frequency arises from a too great Rarefaction of the Mass of Blood, proceeding from the conflict of contrary Salts, or from the Attrition of the Parts of the Blood against other.

HAVING taken a view of the Signs, let us also consider the danger of this Disease : Signs of Concoction do always give us Hopes, but the Signs of Crudities Fears. If we would certainly know what is like to follow in Diseases, we should make a Comparison between the Patient's Strength, and the Violence of the Disease ; for if Nature be strong, the Patients have Reason to hope well ; but if their Spirits are exhausted, they have Reason to dread every little Symptom.

IF in the beginning of a Pleurisy the Patient spits nothing, the Pleurisy is called Crude, and if it remains so at the state without Relief, then nothing but Death can be expected ; or if the spitting began to come up freely, and if all on a sudden it stopp'd, this Case is call'd an ill judg'd Pleurisy ; if the Pain of the Breast continues, there is Reason to fear an Impostumation, or a Gangrene and Death.

THESE Spittings that are dyed Green or Yellow, or of a dirty Brown, do all denote Mortifications ; and you are seldom deceived if you make a fatal Prognostic ; but if the Blood be thrown up the first four Days, and even to the seventh, there is hopes of Life ; because as the Inflammation is Blood made grosser by standing still, and the Inflammation cannot be cured without translating this Matter, or making a particu-  
lar

lar Discharge of it from the Part affected, this Discharge therefore is salutary.

FIRST, Because the Matter offending is evacuated, and then the Lungs are not much injured by the Breach, for that happens always at the Extremities of the Capillaries, which do readily reunite, at least with the Assistance of a few proper Remedies ; whereas were the Breach to happen at any large section of the *Arteria Pulmonalis*, danger must ensue ; however, if this Blood be late in being spit up, by its stoppage there, an Impostumation follows, and lays a foundation for a Vomica, an Empyema, or even a Consumption.

If the spitting then appears early, it is a Sign that the Impostumation will soon be carry'd off ; indeed, it is never safe to trust to this spitting, for whoever is called at the beginning, should take care to Bleed plentifully to prevent an Abscese : However, as proper Persons are not always consulted early enough, Expectoration ought next to come in play : Let their Diet be of smooth Things, in order to correct the sharp Humours, such are Barley-Water, Emulsions, Ptisans made up of Liquorice, Figs, Raisons, and such like, Syrrup of Violets and emollient Decoctions.

COLD Water is improper, because it Contracts, and Contraction is a producing Cause ; for where the small Vessels are contracted, the Liquors find a Difficulty of passing, and therefore do often stand still and breed Inflammations, as all know. Sleep must only be promoted by smooth and diluting Remedies, ( not by Opiates which would fix the Humours ) and by keeping quiet ; so that if our Patients can but slumber

number three-Hours in twenty-four, and that at different Times, we must rest contented.

*The Method to be used in mixt Crises.*

WE call that Crisis mixt, where part of the morbid Matter is thrown off, or at least is translated to some part of little Consequence, whilst the other part is retained within the Mass, and raises various and dangerous Symptoms. Fevers which yeild not to critical Evacuations, and the following from *Baglivi* are Examples.

*Baglivi* justly observes, *How it often happens, that in Pleurifies part of the purulent Matter is spit up, when on a sudden, by some Mismanagment, it stoppt, and they Breathe short, with Cheakings and other dismal Symptoms.* Besides the various Pectorals taken down very warm, he advises two Blisters to be applied to the Shins, in order to unload the internal Bronchia of the remaining share of the Matter, which we have known to succeed.

THERE are certain Pleurifies, more especially Malignant ones or Bastard ones, where the Pain only affects the Muscles, which will yield in two or three Days to a gentle Sweat. Take of Cardus Benedictus Water, four Ounces; Sweet Spirit of Nitre, forty Drops; Spirit of Sal-Armoniac, twenty Drops, mix for a Draught.

*Bastard PERIPNEUMONY.*

A true *Peripneumony*, is of the same kind with a Pleurisy, and both Diseases are cured by the same Method :



**Method:** But a Bastard *Peripneumony* is occasioned by a great deal of phlegmatic Filth heaped up in the Blood; and by the coldness of the Winter, cast upon the Lungs; wherein not only Bleeding but also Purging is indicated.

**SIGNS** are Diffiness of the Head, Cheeks and Eyes inflamed, he breaths short, with Pain in the Breast; the Urine is thick and red, and the Blood like that in a Pleurisy. He often vomits liquid Things.

**IT** is a dangerous and deceiving Disease, for the Patient will sometimes die suddenly, when his Physician apprehends not the least Danger. 'Tis cured by once or twice Bleeding, gentle Purging, and Pectorals as in the Pleurisy.

### PHRENZY.

'Tis an Inflammation of the Brain, or the Membranes thereof; with an acute Fever when the hot and sultry Weather has jellied the Blood, by exhausting the natural Quantity of watry Parts, and by leaving little behind; save Globules, with thick Cases and Serum: If the Globules be too thick and glutinous, they will prove less Elastic; they will stick in the least and invisible Arteries, and swell them, and make them visible to the Eye. This state of the Blood is generally productive of Phrenzies, and if in the Brain a Phrenzy commences; we see then how ravings in Fevers, or symptomatical Phrenzies, as well as original Ones, are produced by the Air.

**BUT** our Diet and Liquors have a far greater Influence, for high living on Salt Meats, Spices, and hot

hot Sauces, and particularly drinking strong Wines and Brandies in a plentiful Manner, disposes our Blood to grow thick and hot, that is, Inflammatory; strong Exercise and long Watching have a large share in producing such a Condition of the Fluids, likewise our Secretions; for we have known Women turn frantick upon a suppression of the Menstrual Flux, for Blood retained will, by its Quantity and Salts, cause an exorbitant progressive, or circular Motion, and that ends in a Grossness of Blood and a Quantity of Salts; so that whenever this diseased State commences, there watchings ensue.

BUT far the greatest Danger hangs upon the Passions of the Mind; Men have been known to be cast into a Phrenzy in an Instant, by the mere force of Anger; but suppose Anger is moderate, but frequent, it will in time act as surely; for it shakes our Fibres furiously, and they toss the Blood round more rapidly than usual, so that still the watry Parts exhale and leave the Mass hot and gross. Thus have you seen in few Words, how Phrenzies may be introduced; let us try what Methods will avail against such a dreadful Disease.

BLEEDING must be immediately put in Practice, and repeated as often as occasion requires, and the strength of the Patients demand it; when you have done this to a certain Measure, the Blood grows calmer, and runs slower to the Part injured, and to these small distended Vessels; and moreover, when the Blood is diminished, the Vessels contract themselves in Proportion, as the Blood has been drawn off; hence do the Orifices also contract and suffer no more

to enter ; and besides when the Blood is appeased, so are the Spirits also, and all becomes quiet.

WE should cool the Air by sprinkling the Floor with Water, or cool Herbs watered : The Diet must be smooth and cool without causing Obstructions, and must check the Motion of the Blood and Spirits : They must avoid all saltish, aromatic, and acrimonious Diet : They should live upon Food made of Almonds, Barley, Rice, Milk, and every thing that can temper the Acrimony of the Blood, and their Liquor should be dilute and smooth, it ought to be Water, Whey, Ptisan, and whatever is Watery, with a little Nitre, which is a fine cooler and dissolver of the Blood.

LET them be kept quiet in Bed, and dissuaded from entertaining any anger or hurries of their Minds, for fear of increasing the Inflammation ; because as inflamed Parts must not be moved, so the Brain's Motion is Thought, and therefore such diseased People must be kept from anxious Care, or Thinking, or Anger ; the Chamber in which they are must be darken'd, and the Curtains shut, that the Light may not enter, because it moves the Spirits.

THE whole Cure consists in bleeding in the Foot and Jugulars, in promoting in due Time and Quantity, all natural Evacuations of Stools, Urine or Menfes ; in giving cooling Glysters, cooling Decoctions of Nitre or Tamarinds, and procuring Sleep : For Opium is of certain benefit to Diseases of the Head, arising from a furious Motion of the Fluids there, and therefore it is constantly in use in Phrenzies, Madnesses, and the like Cases. Garlick bruised  
and



and apply'd to the Wrefts and Soles, is an excellent Blister for mad and phrenetic People.

*Apoplexy, Catalepsis, and Lethargy.*

SLEEPY Diseases happen chiefly in Winter, because at that Season the Pores are shut, thro' which that Matter which used to be sent thither, is not so readily dispers'd, but remains within us, and fills the Vessels, which the smaller they are, must be the more easily seized; and these Diseases do the more surely attack Mankind if the Winter be very Cold and Moist, for by the intense Cold the Vessels are strongly contracted, and the Blood much condensed. In like manner, Men between thirty five and fifty are subject to these Diseases; for at this Stage the natural Vigour begins to abate, so that all our Humours are more and more condens'd and thicken'd, and are circulated more slowly; our Solids also grow more rigid, and do not admit of so easy a Passage of Fluids thro' them, as in our younger and more tender Years.

SOME Poisons have a sonoriferous Virtue, by which the Takers are oppress'd, and thrown into such Distempers; so a Raving along with the Sleepiness arises from the use of Henbane-Seed, even whilst it is lodged in the Stomach, all which Symptoms vanish upon Vomiting: Opiates imprudently made use of, do often leave behind them terrible Symptoms, and give origin to these sleepy Diseases; for altho' Opiates be one of the greatest earthly Blessings we enjoy, if they be used with Discretion, yet in the Hands of the Ignorant they do equal Execution with the Sword.

FOR both the containing and contained Parts are greatly injured thereby ; those, inasmuch as they are relaxed and weaken'd in their Tone ; these, inasmuch as they are stifled in their Course, and quite stoped, or, however, are altered in their Consistence, and put on a grosser and more tenacious Consistence, upon which Account they at last stand still ; and in this very manner do all our Liquor or Diet, which cause a Stupidity or Drowsiness act their Parts.

THESE Diseases are also occasion'd from malignant Fevers, from Inflammations of the Brain, and many other Cases of the like Nature. Hurts on the Head do also bring on Drowsiness, namely, great Wounds, Strokes, Falls, Contusions, and depressions of the Brain. Great Eaters and Drinkers seldom fail of being subject to these Disorders, and particularly Brandy Drinkers are well known to be often seiz'd with them.

IN these Distempers the Patients ought to live upon a spare and thin Regimen, to wit, upon Broths, in which Aromatics are boiled, as well as Cephalic Herbs, so that we may attack the Disease not only with Drugs but Diet also. Their Liquor ought to be Wine that is spiced.

MUSTARD-Seed is a good Medicine, it acts upon the Stomach as it does upon our Nostrils, by twinging it ; nor does it cease there, for when the Juice of it is in our Vessels, it gives every Vein and Artery it passes through the same twinge in Proportion, as the Blood is more or less impregnated with it ; and therefore it is good in drowsy Constitutions to give a natural Motion to the Vessels, that they may press on the  
Fluids,

Fluids, which in some Measure stagnate, that is, move slowly in the Brain, and fill it in such a Manner that Sleepiness ensues, for a loaden Brain is a drowsy one.

IN a *Catalepsis* hard rubbing has a good Effect; the Parts are in this case to be rubb'd with rough and warm Cloaths, which put the Fibres into proper Vibrations, and the Humours again into Motion; so that the Spirits which seem to be coagulated by some malignant Aura, and to be shut up in the Fibres and Muscles in an odd Manner, do begin to spread themselves afresh into Motion.

NAY in *Apoplexies* themselves we use hard frictions with success in the Extremities, which serve as Revulsives and Attenuants, provided the Blood is not extravasated into the Ventricles of the Brain; in which case the strongest Remedies prove ineffectual: But who is he that knows whether this is really the Case? We have no Signs so univocal as to discover this Degree of the Disease; and as all Remedies are to be call'd in Practice which give us promising Views, this is to be practised amongst the rest.

THE Diet in *Apoplexies*, *Coma's*, *Catalepsies*, and *Palsies* must be the same; all the Juices are jellied and want to be heated and attenuated; we must season every Meat and Drink with Spices, with hot and pungent Materials; they must be sparing in their Diet, because the Digestion is weak; their Wine and Malt Liquors must be generous, but little in Quantity, and loaded with warm Ingredients, as Lavender, Marjoram, Sage, and such like. Coffee and Tea are of great use.



COFFEE contributes much to a prevention of the Apoplexy and Catalepsis. First, by helping the Stomach to digest, which it effects, partly by reason of the agreeable Bitterness and gentle Stypticity, and partly from the actual Heat 'tis usually drunk with; so that Digestion being well performed here, and good Blood thence produced, much of the antecedent Cause of Apoplexies, Catalepsies, and Lethargies must be by such Administrations prevented.

A *Lethargy* is a Disease which indicates contraries in its Removal; for it being an oedematous Inflammation, the removal of the State and Phlegmon don't co-incide in the Manner, for the State requires Purgatives, which augment the Inflammation, and the Inflammation indicates Bleeding, which the State allows not of; however both must be attempted in a prudent Quantity, answerable to the necessity of each Indicant.

NOT only do the Evacuants contra-indicate, but even the Alteratives are contrary to each other; for the Attenuants required in the State, which is Gross and Phlegmatic, are not suitable for the Inflammation which they augment; and therefore, as the Inflammation is somewhat superior in its Motion to the State, we are mostly obliged to use the Means proper to allay it and relieve it; but still we must give gentle Attenuants, and apply the same as occasion shall require.

*S L E E P, how it is Caused and Prevented.*

SLEEP causes all our Senses, internal and external, to cease, all voluntary Motion also ceases, only the Heart and Arteries beat, and the Lungs move. Now

as voluntary Motion ceases, and the Circulation continues, rest and weariness are the two Causes of Sleep; therefore the contrary must be the Cause of Watching.

If Sleep then depends on the slow Passage of the Blood thro' the Brain, if then it does not freely pass thro' the artical Part, and don't seporate animal Spirits, there will be a want of them, or what Quantity is seperated lies quiet in the Brain, and is not detach'd into the Organs of Sense and Motion, 'till at last they break forth and cause us to awake.

COFFEE then will keep us awake, for it being of a moveable Nature, will not fail to stimulate the Brain, and occasion Excursions of animal Spirits, and will consequently keep us awake; for it takes away the Cause of Sleep against Nature, and is therefore useful for taking off all lethargick Dispositions, and they who have a mind to Watch, do often take it to keep them Awake; for the bitterness of the Coffee, and the actual heat of the Liquor, do contribute to attenuate the Viscosities, and keep the Spirits moving, and so do all that is necessary to keep us awake.

TEA will also keep us from Sleeping, because if nimble Parts actuate the Blood, and open the Tubes of the Brain, and do therefore hinder us from falling a Sleep; it will hold good here as in Coffee, only there is this Difference, that Coffee is stronger, and does it in a less Dose. Sleep then is driven off by Tea, usually by repairing the Spirits; because Sleep arises from an exhaustion of Spirits, and from a slow Motion of the few that remain, there being few

or

or none left to perform muscular Motion, and this appears by an universal Inability.

WHEN we drink Tea in this Case, the Spirits are supply'd afresh, and enough are generated to serve to reinforce the Brain, and to renew all our Actions, which before were clouded or arrested; then do all our Senses, internal and external, return to their wonted Functions; the Guard is mounted, and all is again in Action; the Sun shines and we have Day. The volatile and spirituous Parts of the Tea repair our animal Spirits, and the bitter Parts carries off all Impediments.

### P A L S Y.

A *Palsy* is a loss of Motion or Sense, or of both, in the whole Body, as in an Apoplexy; or in some Parts arising from an Obstruction, Compression, or cutting of the Nerves; this Description explains the Nature of the Disease.

THE Brain may be in fault, and the cause of this Motion diminished or abolished; for when the Brain is ill disposed, the animal Spirits are neither sufficiently generated, nor are those separated pure and subtle, or so moveable; but they are unfit for Motion, and generally too Viscid; for there is a certain degree of Purity required in animal Spirits, and their Condition depends on the Blood's Condition.

THE animal Spirits are the immediate cause of this Distemper, either when they are wanting, as in Persons in their Agony, or weakened with a tedious and long Distemper, or when they are impure and unfit  
for



for Motion ; they cause the Disease when they are deficient, for it is certain that they must be both pure and good, and also in a sufficient Quantity, that they may inflate and distend the Nerves, and make the Muscles shorter by inflating them, and so moving them.

BUT when they are deficient the Nerves flag, and their Sides touch each other, and then there is no Circulation of Spirits ; moreover, the Fibres of the Muscles, because they are not inflated by the animal Spirits, cannot be contracted in their circular Rings, and therefore no Motion is performed, when they are impure and less moveable, and oppressed as it were with a Stupidity, or are too Viscid and Gross, they obstruct the Nerves, and then all Motion must be at a stand for want of the power of passing.

THE Nerves also may be the immediate cause of a Palsy, when their Channels are obstructed, compressed or stretched, or labour under any other Fault ; for there is a necessity for the Channels to be open, that the animal Spirits may flow from the Brain into the Nerves, and if their Passages are shut, what is to be expected, but a diminution or abolition of Motion ? Or if they be cut asunder and wounded, must not Motion cease at that Instant of Time at the Place into which these Branches were inserted, because all Influence is cut off ; or when they are compressed by any Tumor arising about the Part affected, or upon the Nerve, or by any Weight or Pressure upon the external Nerves, Motion cannot but be lessened or abolished.

THERE are many antecedent Causes of a Palsy, which

which may be all those Things that introduce a softness and flabbiness in the Muscles, such are watery Things; or all those things that streighten or obstruct the Channels of the Nerves and their Origons; such are Phlegm, and such like; all those that compress or dissolve the union of the Parts, as Bruises and Wounds; and all Narcotics and Opiates, which make the animal Spirits move slowly: The fault may result in the Blood, which grows daily more vitiated, namely in a watry or phlegmatic State of Humours, which make all the Secretions impure, thick and unfit for Motion,

AND in the Brain the animal Spirits become thereby viscid and watery, and then they will stick in the Nerves or Medulla of the Brain, and there produce Obstructions, or render the Nerves too flaggy to obey the Spirits, because then they are apt to fall together and grow up, and so stop up all free Passage for the animal Spirits; or when by such Blood ferous Humours are heaped up in the Head, for it is common daily in a sound State for Phlegm and Water to be thrown off by the Nostrils and Mouth; which Separations, if they be suppressed, do bring on many and grievous Diseases in the Head by deviating into a depraved State of Humours.

SOMETIMES Motion is lost, but the Sense of the Part is retained; at other times the Sense is lost, but the Motion is preserved; for Motion depending on a large quantity of animal Spirits rushing into the Nerves, as well as Nerves truly and justly Elastick, and Sensation is performed by a gentle Vibration of the Nerves, as well as a moderate Influx of animal Spirits, it is not to be wondered at, that such a quantity

city of Spirits, and such a condition of the Nerves as will support Sensation, should not raise them into Motion: Nor is it at all wonderful, that the Nerves, which are deprived of a sufficient Quantity of Spirits for Motion, should yet entertain an intercourse sufficient for Sensation.

As to the Causes of the differences of Palsies, I shall give a short Account of them. A Paraplegia may be deduced from a Compression or Obstruction of both sides of the Medulla Oblongata, or Spinal Marrow, or from the same Obstruction, whose cause is lodged in the Brain at the Origin of the proper Nerves: But when all the Parts from the Loins to the extreme Joints of the Toes are seized with a Palsy, it necessarily follows, that such a Palsy arises from an Obstruction, a Compression, an Induration, or a Solution of Unity of the Spinal Marrow at the Region of the Loins, so that the animal Spirits cannot be dispatched to the inferiour Nerves. But an Hemiplegia, or half Palsy, arises from an Obstruction of one Side of the Spinal Marrow, either from a Strok or a Tumor that Compresses, or from extravasated Humours, that hinders the Distribution of the Spirits.

A particular Palsy arises from an Obstruction, a Compression, or growing together of the Nerves tending to that Part; so that to cure such a Palsy, it is necessary to be skilled in Anatomy of the Nerves. The Compound Palsy, which ensues upon Cholicks, is occasioned in the following Manner: The Part first affected is very Membranous, and therefore very sensible, if irritated by an Acrimony lodging upon the Intestines, then it communicates itself to the Blood  
and



and Spirits, and there raises convulsive Pains, and at last produces a Palsy, or rather an Inability to Motion. In the sleeping of a Limb, as we call it, where the Motion remains, but the Sense of the Part is diminished, and sometimes depraved, there is a sort of pricking Pain, as if Needles pricked the Part, and this is caused whilst the Spirits come into the Part after the Compression of the Nerve.

IF the Parts of the Face be affected or seized with a Palsy, then the Seat of that Disease is in the Brain; but if any Part is seized below the Head, then the Seat is in the Spinal Marrow: If any Part towards the middle of the Body be affected, one Side becomes Paralytic only: If the Legs be affected, the Nerves about the Os-Sacrum are the Seat of it; but if the Arms or Sides above the Diaphragm be seized, then the Seat is in the Spinal Marrow above that Place: And thus we are informed of a necessary requisite for the cure of a Palsy; for all Authorities agree in ascertaining, that Remedies must be applied to the Seat of the Disease.

WHOEVER doth not observe and follow an exact Regimen in Diet, it is impossible for them ever to recover, though under the nicest Care: Let therefore their Diet be inclining towards Heat, such as will incide viscid and gross Humours gently, such as will dissolve the Blood, and set it in Motion again. Their Victuals must be easy of Digestion, and seasoned with those Plants and Drugs as are esteemed good against the Palsy, such are Betony, Majoram, Rosemary, Thyme, Cloves, Nutmegs, and such like.

LET their Liquor be sparing, but well stocked  
with

with the aforefaid Herbs. The Air they breathe ſhould be warm and pure; watching being a ſort of Motion of the animal Spirits, ought more to be encouraged than immoderate Sleep, which helps to calm them, and encourages them yet more to ſtand ſtill. The Paſſion of Joy ought to be adviſed, for apprehenſions do but more cloſely confine the Spirits, and make them ſtagnate. The Secretions ought to go forward according to Nature; a Stool once or twice a Day, and ſo of the Reſt.

*Convulſions and the Epilepſy.*

CONVULSIONS deſerve our Care, among the firſt of the Diſeaſes, they being a Conſequence of an exceſſive Motion of the animal Spirits towards the Muſcles; for where a Nerve is cut there can be no Convulſions: This Convulſion is made when the Nerve throws in a great many Spirits into the Muſcular Fibres, which are drawn up by an Approximation of the muſcular and circular Fibres to each other, and ſo the Muſcles are ſhortened: If one Muſcle be contracted in this Manner, its oppoſite one will be let loſe, or it would not give way, and then there would be a tonick Motion continually. It is that Motion of the Muſcles which is done contrary to our Inclinations, and the irritating Humours effect the ſame Thing, as the Command of the Soul; the Heart itſelf, tho' it is always in Motion, yet may alſo be convulſed, as it is in Palpitations.

THIS involuntary Motion of the Muſcles happens from a copious Influx of the animal Spirits into the Nerves, whence they are ſhortened, and ſo are the Muſcles that are tyed to them. It is ſomewhat ob-  
in

serveable, that Convulsions are mostly periodical, and the Influx of the Spirits causing them, they are irritated to flow in periodically; from whence it may be inferred, that the cause of such Fits does not reside in the Nerves themselves, but that it proceeds from elsewhere, that is from the Condition the Blood is in; for all essential Diseases are continual and fixed, and therefore this is not one: Where they are Universal, as in Hysterick Women, their Senses are so benumb'd as to feel nothing; but where they are Particular, they feel an intolerable Pain, and spasmodic Pains are intolerable.

As to the remote Causes of Convulsions, they are owing to the Six Non-Naturals; the Air introduces them by its Coolness, for as it then abounds with nitrous Parts, and either curbs Perspiration, or some useful Eruptions; it translates the Matter of these Discharges back into the Blood, and that affords Room for Irritations or Convulsions: In like Manner, sour Diet, as well as acrimonious Victuals, mixed along with the Blood and Juices, do raise them: Hence do we find hysteric Fits rais'd by Physick, sweet Diet, Rhenish Wines, Fruit, and the like. Suppressions of all kinds cause them, because the Blood is rid of its heterogeneous Parts by the regular Flux of these natural or customary Discharges, and therefore it must be full of such a Mixture, by their unusual and continued Retention, as will stimulate the Nerves.

FRIGHTS have the largest share in producing Convulsions: How often do we see the weaker Sex terrified into Fits and Diarrhea's? In such a state the Spirits stagnate, and, like the Blood, grow Acrimonious and Stimulating, and all ill Events may be expected



pected from such a Cause. It is not surprizing to hear of Persons struck dead by Terror; however, it is granted, that the Weak only are terrified. Wounds, on nervous Parts, are frequent causes of this Malady; and thus, when Surgeons in opening a Vein, chance to wound a Nerve or a Tendon, the Person, so hurt, often falls into Convulsions. Pressures upon the Nerves have the same Effect; so in Children that are breeding their Teeth, we frequently meet with Convulsions, which happens from the Pressure below, and the cutting of the Gums, for the Tooth not finding a ready Passage upwards, presses and cuts, from both which the Parts are inflamed, and the Pain increases, and puts the Children's Spirits into great Commotions and Hurries.

BESIDES the Nerve and Gums, the Membrane that covers the Bone is severely torn, and this adds greatly to the Malady; for if this Membrane is only an Exparison of the Tendons of the neighbouring Muscles, then all those Parts adjacent are thrown into Tremblings in a violent Manner; if these Tremblings be all over the Body, the Person is thrown into universal Convulsions; or if only some neighbouring Parts be put into these Motions, then Children slobber and cough, and vomit up the Contents of their Stomachs, or loath their Victuals. Surgeons do often meet with Convulsions from shattered Bones lodging on the Tendons or Nerves, or even on the Muscles themselves. Wherever then, such Causes as I have mention'd obtain, a narrow Inspection must be made, and having found out the Causes, they must be artfully removed.

IN general, the Diet fit for Persons under Convulsions,

fions, should be such as will hinder the too swift Motion of the Spirits, and therefore Convulsions must be fed with watery and farinaceous Diet : Hence, perhaps it is, that as soon as Women perceive they are going into an hysteric Fit, they call for a draught of Water mix'd up with Wheat-Flower; for this allays the hurry of the Spirits, and clogs their irregular Motion, and either puts off a Fit, or shortens it.

IN Convulsive Motions, attended with Heat, it is most likely, that the Spirits flowing out in a rapid Stream into the Channels of the Nerves, are the immediate cause of the Convulsions; whereas if a coldness attends the Patients, it is probable, that it is some pricking Body that lodges on the nervous Coats that produce them; and this is further proved from the Remedies themselves.

FOR Convulsions attended with Heat, are best remedy'd with Coolers, Diluters and Opiates, but these where a Coldness reigns, are best remedy'd with volatile Salts, and such other Medicines, as are known to be opposite to Acidities. Opium is an excellent Remedy for convulsive Pains in the Belly, hypoch. and hysteric Fits, and it cures, as well as prevents Epilepsies, if it be joined to Cinabar of Antimony.

### *Convulsions and a Palsy.*

About the Year 1728, when I lived in the City of *Durham*, being sent for, I visited the Son of *John Watson*, Skinner, at *Chelicer by the Street*, aged about 12 Years, who had a Palsy on the Right Side, and Convulsions alternately, which came by a Stroke on  
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the Neck: He could not then move the paralytic Parts, but whilst I stay'd there, the Arm thus Palsied, was jerked into various Postures and convulsed, this was an odd Phænomenon, that the Spirits should be obstructed in their Course, when voluntary Motion was intended, but should give Place to a free Passage from an irregular Influx.

My Friend Doctor *Strother*, in his *Euodia*, says, *All this may be comprehended, if we consider, that the quantity of animal Spirits may have contributed to these Accidents, and also it must follow, that the Fault was Local, and that the Nerve was rather relaxed than obstructed; so that if we allow the Quantity of Spirits in an irregular Influx to that of a regular and stated one, to be in a double Proportion, the relax'd Nerve, however distorted, will, by this double Force be inflated, and will draw the Muscles into Consent, which it will not do without it.* He would treat such a Disease with Antiparalytics and Opiates.

I prescribed the following Electuary, and a proper Leniment to be used to the Nape of the Neck and Spine every Night, which, through the divine Blessing, cured his Distemper without any Repetition of them.

*R. Conserv. Anthos, Conserv Flav. Aurantior. A. A. Unciam I. Pulv. Ari Comp. Pulv. de Guttetæ, A. A. Drachmas II. Spec. Diambr. Drach. I. Castor. Russ. Sal. Succin. A. A. Drach. ss. Syr. Peon. Comp. ℞. S. fiat Electuarium.*

*De quo capiat quantitatem Nucis Moscatæ Omni Mane.*



*Mane. et hora quarta Post-Meridiana, Superbibeudo  
Haustum Tea cum Salvia preparate.*

### MEMORY TO STRENGTHEN.

A Brain too Moist is too soft for taking Impressions, and retaining them: Hence it is that phlegmatic People and Infants have little or no Memory. There must be a standard Degree of Dryness in the Brain, and a certain Degree of Consistence in the Blood, to make way for Thought and Ideas.

As Tea is useful to take away Viscosities in the Blood, and so to do good to the Head; it follows then, that it contributes to make our Heads clear, and to strengthen our Memories. Tea has this Effect upon phlegmatics, because it dries up Defluxions, and drains off gross Humours, and they who drink it must become sprightly: Whenever then People are subject to Defluxions on the Head, from Apoplexies, Lethargies and Palsies, from Serosities overloading the Vessels, then Tea used discreetly and jointly with proper Remedies, is extremely convenient.

THEY who have over-studied themselves, and have thereby exhausted their Spirits, so that they seem to remember nothing, nor to have any Spirits left either to speak or think; if they take a Dish or two of good Coffee, they recover their Spirits in such a Manner, as to recover all their Notions afresh, and, if their Affairs require haste, may fall to study afresh, as if they had not at all been confused. When Affairs do require a severe Application, and a continued Connexion of Thought for a long Time at once; and as it is impossible for the Brain to supply Ideas for so long

long together, it becomes necessary to call in auxiliary Spirits, which the Coffee is certainly found to give them.

*Debauches in Liquor and Drunkenness, how helped.*

LETTICE dilutes Choler, and Cools by diluting these sharp and fiery Salts; it keeps the Belly open, and refreshes hot Bloods, and after a Debauch it cools and gives freedom of Stools, but we must eat plentifully of it if we design any good from it: If Men have been guilty of Excess in Fuddling, Lettice will recover them from it, especially if it be eaten with Vinegar; but Vinegar alone has this Effect, if taken plentifully, but then Lettice is not so prejudicial, and may be made free with.

COFFEE is useful to disperse a drunken Fit, or to take of its Effects, and to keep us awake; it has these Effects by proving Diuretic, and carrying off by the Kidneys whatsoever is offensive to the Blood. Debauches are carry'd off by Tea, because it dilutes and is Diuretic, as also Diaphoretic; and the Feverishness as well as Fevers, are relieved by it.

*H E A D - A C H.*

THE Head-Ach is a painful Sensation in the Muscles, Membranes, Nerves, or other Parts of the Head.

THE Cause hereof is supposed to be whatever too much distends the nervous or membranous Parts, whether by ratifying the Fluids themselves, increasing their Quantity, Motion, or both.

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THE more superficial the Pain the better, but the more acute and continual the worse. An enormous Vomiting in the time of the Pain, with a deafness and watching, portends Madness.

LET the Diet be Panada, Gruel, Tea, &c. Flesh should be avoided, especially if the Pain be attended with Pulsation.

BLEED in the Arm or Foot, or apply Leeches to the Temples and behind the Ears. 'Tis proper in the next Place to give a gentle Emetic, be the Pain symptomatical or original; then a composing Draught with a little Spir. Lavend. and Tinct. Castor. in it.

AFTER this apply a Vesicatory to the Neck, and when it ceases to run, if the Patient be of a gross Habit, cut Issues, Setons, or use perpetual Blisters. 'Tis also proper to Snuff up the Nostrils a Mixture of *Aq. Hungar. et Ros. Dam. A. A.*

PURGATIVES also are proper, made of Tinct. Sacra. with a few Drops of Tinct. Castor. Diaphoretics likewise assist. If the Disorder be accompanied with Watchings, Opiates must be used after proper Evacuations.

A Linnen Rag dipt in the following Mixture, and apply'd warm to the Temples, may be useful. *R. Aq. Hungar. Spir. Lavend. Camp. A. A. Unciam Unam. Spir. Vin. Campb. Land. Liquid, A. A. Drachmas quatuor M.*

HAVE you a Pain in your Head? The decoction or infusion of Vervain being drunk abates the Pain.  
Coffee



Coffee is excellent for Disorders of the Head, for it Recruits by its volatile and oily Parts the animal Spirits, and Head-Achs, which depend on Disorders in our digestive Faculty, that depend on Viscosities, and grossness of the Juices are cured by it.

BUT where the Membranes are inflamed, the quick Motion it communicates to the Blood would be much heighten'd by Coffee, and would drive the Takers of it into a Phrenzy or a Madness: Neither can it be of any Advantage to such Head-Achs as proceed from Membranes too Elastick, because the use of it may bring on Convulsions.

IN fine, it is best given in Head-Achs which are called Sympathetical, that is in those whose Causes do not lodge in the Head. If Persons troubled with slow Fevers are attacked with a Drowsiness, from Humours seizing on the Brain, or with Pain there, a little Coffee is allowable to disperse those Humours, and to carry them off by Urine.

TEA is of great use in cases of the Head, which depend on gross and viscous Humours: Experience makes us wise in this Point; and as some few Dishes of Tea take off a present Head-Ach, it follows, that if it returns frequently, we have it in our Power to relieve and prevent it also.

IF you have Distempers that affect the Head at certain Seasons, or upon the Changes of Weather, the Tinctura Sacra is a good Preservative. If you hold the Feet an hour every Night in warm Water, 'twill cure the Head-Ach.

If Persons are troubled with Pains in their Heads, which occasions a pale Water, that is, if they are infested with hysterical Pains, it is good by turns to take good strong Snuff, that will help their Noses to run much: The Snuff may be *Pulo. Fol. Asari*, given at Night.

**PAINS** of the Head are either External or Internal. When the Pain is external, it may be known by pressing the Finger against the Part pained; for in such Cases, that Pressure will somewhat increase the Pain, till it be removed.

**PAINS** of the Head, which are External, are the least dangerous; they happen either in the Cutis, or in the Muscles of the Head, or in the Membrane called Perieranium, and are commonly occasioned either,

**FIRST**, By the Pressure of the Blood against the Extremities of the Nerves in the Coats of the capillary Arteries in the Part affected, owing to the viscid quality of the Blood. Or, 2dly, By acrid Particles excreted from the Blood, and brought to immediate Contact with the Extremities of the Nerves affected. Or,

**THIRDLY**, The Head-Ach will sometimes be occasioned by a Constriction of some capillary sanguine Arteries, produced by too great external Cold. But this Pain may be soon removed by emollient Fomentations, (made *cum. Decoct. Fol. Alth. Malv. &c. Aq. Hungarie, Spit. Lavend. Mistis, &c.*) applied warm to the Part affected.

WHEN the external Pain of the Head arises from the viscid quality of the Blood, those attenuants and diluents which will dissolve the viscid Humours, and render the Blood and Lymph duly thin, are the proper Remedies.

WHEN the external Pain is produced by acrid Particles, give such internal Medicines as will destroy the Acrimony of the animal Fluids, and rub the Part affected with a Mixture of *Aq. Hungarie, et Aq. Ros. Dam.* to dislodge the stimulating Particles.

IN both these Head-Achs outward Applications are proper. *Spt. Vin. Reft. Vel. Spt. Lavendul.* mixed in due Proportion, *cum Aceto*, will frequently constrict the distended Vessels, force the obstructed Fluids into their returning Veins, and procure ease by removing the proximate Cause.

BUT when some morbid quality of the Blood was the antecedent cause of the Disease, proper internal Remedies for altering that Quality should always be advised, which Method only can secure the Patient from the returns of his Malady.

THE Pains of the Head which are Internal, that is seated in some Part within the Scull, happen either in some Part or other of the interior Periosteum, or of the Dura or Pia Mater; and the most frequent Proximate, or immediate Causes of them are, either,

FIRST, Too great Pressures against the Extremities of the Nerves affected, occasion'd by the viscid quality of the Blood; or, secondly, some acrid Particles brought to immediate Contact with the Extre-



mities of the affected Nerves; and we must endeavour to find out in every Patient which of the Causes mentioned, produced the Pain complained of.

FOR if there be an Inflammation of the Part affected, and a symptomatic Fever comes on, we may then conclude, that there are vici'd Humours in the Blood, or Particles too bulky for an easy Circulation, which are the antecedent Causes; and that too great Pressures against the Extremities of the Nerves affected, are the immediate Causes of the painful Distemper of the Patient.

BUT when there is no Inflammation of the Part affected, we must infer that the Pain was produced, either first, by Elastick Air; or 2dly, by Saline, or other acrid Particles excreted from the Blood, and brought to an immediate and close Contact with the Extremities of the Nerves affected: Such acrid Particles so excreted, are the most frequent Causes of painful Distempers.

SOME Pains of the Head owe their rise to Disorders in the Stomach; which is often the Case, when Pains in the Head do follow great Sicknefs in the Stomach, and this may depend on the Sympathy of the Nerves in the Stomach, and the affected Nerves in the Head. This Sympathy seems to be the Reason why fractures of the Scull, hurts of the Brain, and extreme Pains in the Head, bring on Sicknefs in the Stomach and Vomitings.

WHEN therefore a Physician is called to a Patient, who complains of the Head-Ach, he should always enquire into the state of his Stomach, and consider whether

whether there is any Distemper on it, which must occasion the Pain; and truly, in all Diseases of the Head, we ought to have a special Regard to the Stomach. The curative Indications in these internal Pains, are much the same as in the former sort.

SOME outward Applications are proper in these Head-Achs, *E. G.* 1. Suitable Powders or Liquors snuffed up the Nostrils, because they may produce Effects on the Parts within the Scull, by their stimulus on the Extremities of the olfactory Nerves, which are so near their Origin; for that Stimulus, as it occasions a Derivation, or quicker flow of Fluids towards the Nostrils, so a Revulsion from the Parts pained, and thereby a sensible Relief to the Patient.

2. SUITABLE Fomentations or Liniments applied to the sutures of the Head; because some Parts of them may not only pervade the Epidermis, Cutis, Muscles and Pericranium, but also pass to the Dura Mater by means of those Fibres and Vessels, which that Membrane sends thro' the sutures of the Scull to the Pericranium.

PERIODICAL Head-Achs are to be managed as Periodical, or intermitting Fevers; regard being had to the antecedent Causes, and the present conjunct Symptoms.

*Ophthalmia, and Films on the Eyes.*

AN external Ophthalmia is a stagnation of the Blood in the Capillaries of the Tunica Adnata of the Eyes, attended with Inflammation, Heat, Pain and Swelling.

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THE internal Causes are the same as of other Inflammations. The External may be any thing forced against, or coming into the Eyes, irritating or compressing the Fibres of the Tunica Albuginæ.

LIQUIDS are here preferable to Solids, and boil'd Meats to Roast. All acrid, salt and spiced Meats, much Milk, or any thing Viscid are bad. Moderate Exercise, a clear Air, and covering the Eyes with green Silk are useful.

BLEEDING is necessary; use Sternutatories, give gentle Cathartics and Diuretics. Take white Poppy Heads, with their Seeds bruised, two Ounces, boil in Water, a quart to a Pint, strain and dissolve in it half an Ounce of the white Troches of Rhases, and foment the Eyes with it warm. This asswageth inflammatory Pains of the Eyes, and is proper for sore Eyes with Pain and Fluxion.

WHENEVER the Eyes are inflamed or blood Shot, you may hold your Eyes over the steams of hot Coffee, for these Steams being watery and volatile, are a sort of fomentation applied to them; and as these are useful to disperse impacted Humours, and are surely and constantly made use of by the Surgeons for that End, this Vapour is but a Species of them, and in Eyes bloodshot and gumm'd up it is very useful.

To take off Films and Pearls in the Eyes, give the Patient every Morning two Ounces or more of the Infusion of Millepedes, and drop into the Eyes thrice a Day a few Drops of the following Collierium. Take Fennel Water, one Ounce; white Sugar, one  
Dram;



Dram; crude Sal Armoniac, one Scruple; Sugar of Lead, ten Grains; mix for use.

### *EYES wounded.*

WHEN the Eyes are bruised or wounded, Bleed the Patient; then give gentle Cathartics and Opiates at Night: Put into the Eyes *Ag. Hord. et Mel. Ros.* afterwards *Spir. Vin. gal. et Mel. Ros.* and apply *Catapl. ad Ocul. Contus. Vel. Catapl. Refrigerans in Fuller.*

A Splinter of Wood leaped into the Eye of a Girl, as she was chopping of Sticks; the Wound was so grievous, that the aqueous Humours came forth in a few Days Time; all this while she could neither see, nor take any rest: She was recover'd in this Manner; first, there was dropped into her Eye *Bals. Sulph.* warm, and then a Cloth wet therein was apply'd, by which she was cured.

A Child of seven Years of Age had a Puncture in the Eye with a Knife, which was cured by dropping therein *Bal. Sulphur.* warm, and laying a Defensarive round about it.

### *Deafnes, Noise, and Pain in the Ears, &c.*

SOMETIMES the auditory Passage is wanting or blocked up in Children; at others Deafnes is Hereditary, or proves the Consequence of Fevers, the Apoplexy or Epilepsy.

THIS disorder may also proceed from the catching of a Cold, a Stoppage of Evacuations, Concussions  
or

or loud Noises, as the firing of Guns, &c. by which the Tympanum is supposed to be overstretched or broke.

A moist Air also may relax the Membranes of the Ear. Wax may be collected in too large a Quantity, or harden'd in them, and so obstruct the Passages. Animals or extraneous Bodies may lodge therein; and Swellings, Impostunes and Ulcers, may prove the Cause of Deafness.

If the Deafness proceed from a rupture of the Tympanum, or be hereditary, 'tis incurable. If it be of long standing and continual, 'tis seldom cured; but there are hopes of a cure when it comes by Intervals, and when it attends Fevers. Wax appearing in the Ears is a good Sign.

For a Relaxation of the Tympanum, drop of the following Mixture warm into the Ears. *R. Aq. Hung. Spir. Lavend. Comp. Tinct. Castor. a. a. Drachman Unum M.* Here omit oily Medicaments, and use Purgatives, Diaphoretics and Vesicatories.

If an Insect be got into the Ear, so far that it cannot be extracted by the Auriscalpium or Forceps, endeavour to kill it by dropping of the following Mixture warm upon it. *R. Tinct. Myrrh. Comp. Ol. Amygd. Amar. a. a. Drachmas duos. Ol. Absinth. Sabin. a. a. gut. X. M.* This is also proper in case of an Ulcer in the Ears.

INSECTS and other foreign Bodies should be extracted with the Auriscalpium, if Sneezing, Coughing, blowing the Nose, &c. avail nothing; for a  
Noise

Noise in the Head being a Symptom of Deafness, and generally proceeding from Impostunes, &c. in the Passage. *R. Ol. Amygd. Amar. Tinctur. Castor. a. a. Drachmas duos- M.*

If the Deafness be attended with great Pain, *R. Mic. Pan. Alb. Uncias duos, Decoct. Malv. ℞. S. fiat. Cataplasma, et adde pulv. flor. Chamæmel, Sem. Fenugr. a. a. Drachmas quatuor Camphor. Scrupulos duos M. fiat Cataplasma Applicetur Alteratri vel utrique Auri, pro re nata.*

WHEN the Ears rages with Pain, the following Mixture is excellent, being dropt into them. *R. Bals. Peruv. Laud. Liquid. a. a. Drachmas duos M.* The Steams of Coffee is good for Inflammation and Pain in the Ears, 'twill set the Wax free, and relieve such Complaints. *Fuller's Catapl. Auricul.* and Vapour for the Ears, are likewise proper for Pain, &c. in the Ears.

FOR Deafness and Noise in the Ears, inject warm Water into them, or take out the Wax with an Auriscalpium; then use *Fuller's acovistic Mixture*. The cephalic and sternutatory Powders in *Quincy* are both proper. Mithridate given inwardly is good, and so are the carminative Pills in *Fuller*.

### BLEEDING at Nose.

THE Air is the Cause sometimes of this Distemper, as it is the most common occasion of others; in Summer it is loaden with fiery Particles from the Sun, that are reflected, and therefore toss'd back upon the Surface of our Body with force, and are mix'd with  
our



our Blood by the Mouth and Pores, and that add Motion to the Blood, which is Universal; those Vessels that are highly distended with the rarified Blood, and are the weakest, are in danger of cracking.

As to our Diet, namely Eatables and Drinkables, all the World is appriz'd of their Effects in human Bodies: They who feed upon high Spices and Meats strongly salted, and who drink generous Liquors, and acrimonious Things in great plenty, against all Advice, and beyond Measure, deserve justly to suffer for such a Crime: All spirituous, aromatic or volatile Things taken too copiously, when they come into the Blood, do rarify it and drive it rapidly on, as may be guess'd by the frequency of the Pulse, since the whole System of the Vessels must be stimulated upon such acrimonious Food, and make all Resistance fall before it.

If we exceed in Exercise, this same Distemper may arise from the force impressed on the Vessels, for by it the Blood and Humours are agitated more than usual, and are driven faster round the Body: Watching being a sort of Exercise, adds its Mite towards the Bleeding also. As for the Secretions, nothing is more common than for this Disorder to arise from a Suppression of the Women's Monthly Flux, as it has been observ'd to do from the suppress'd Piles; and surely, if those Things are retain'd within us, that ought to be cast forth, they find out some other Flood-gate, and run thither with Violence.

THE Passions of the Mind have a known Influence over the Motion of the Blood and Spirits; for Anger puts all in Motion and Fire, it gives us no Respite,  
and

and we always feel the ill Effects of it ; for an irregular and impetuous Motion of the Blood endangers a Breach of the Vessels ; and as Anger has its scene in the Brain, it acts upon it and all the adjacent Parts, and contributes to break the Vessels there, as several Examples have testified in Apoplexies, from Blood spilt on the Brain, which arose from a violent Passion.

THERE are certain Drugs that are very moving and forcing, which being given internally do raise Bleedings, such are forcers of the menstrual Flux, such are warm Bath Water, and many too volatile and attenuating Remedies given too plentifully : Some have fallen into a Bleeding from Strokes, Falls, Shoutings, Sneezing, and all such Things as are capable of exciting too brisk a Motion on the Fluids.

WHEREFORE, in order to escape the Distemper, where Patients are subject to it, they must avoid the scorching Heats of the Air ; they must refrain from Spices, Spirits, Wine and Salt Meats ; they must forbear any excessive Exercise ; they ought to indulge Sleep, and shun all those Passions that put the Blood into a Hurry ; they ought in a particular Manner to keep a strict Eye on all their natural Discharges of Blood especially, and see that they be promoted again if they fail.

IN Bleeding at the Nose the Context Peru given with Acids is excellent ; *Sil. Prunella*, the Spirit of Sulpher and Vitriol, Boyle's Hemoptoic Electuary, and Fuller's Hemoptoic Julep, are all good in this Disease : Opium is proper in all epidemical Fluxes, whether of Blood by the Nostrils, by the Stomach, the Intestines, or the Womb. In Bleeding at Nose, pound some  
Betony

Betony or Nettles, make thereof a Tent, and put it up the Nose. Many have been cured by applying to their Scrotums a cloth wet in Vinegar ; but if all these fail, put a Tent up the Nose armed with a good styptic Powder.

*Tooth-Ach, Teeth-Foul.*

THE Tooth-Ach commonly proceeds from a Caries beginning in one Tooth, which, unless a Stop be put thereto, usually destroys the Nerve in the same, and so the Pain ceases.

THE Cause of this may be whatever corrodes the Nerves, or makes the Teeth fetid or carious ; sometimes no particular Tooth is affected, but a whole Side of the Jaw upon catching Cold, without their being carious.

WHEN Violent or of long Continuance, it makes the Patient feverish, and may prove dangerous. Swelling in the Cheek or Gums, foreshews the Pain abating. 'Tis worse in Winter than in Summer, and worse in scorbutick Habits : Whilst the Pain is present, a slender Diet is the best.

IF the Patient be Sanguine, Feverish, and the Head be much disorder'd, Bleed, and if that relieves not, apply a Blyster to the Neck or behind the Ears, or instead of the latter a Burgundy Pitch Plaister. Opiates given internally are excellent here.

IN case of Pain in the Head, Face, &c. from the Tooth-Ach, the following Mixture is serviceable, a few Drops of it being let fall warm into the Ear now  
and



and then. *R. Ol. Amygd. Drachmas Sex Laud. Liq. Drachmam Unam Tinctur. Castor. gut. 60. Ol. Succin. gut. XX. Ol. Caryophil. gut. X. M.*

WHEN the Tooth is hollow, some venture to put into the Cavity a drop or two of *Ol. Caryophil.* or *Origan.* with Cotton. Some use *Ol. Vitriol* or an actual Cautery, which exfoliates and stops the Caries, destroys the Nerve sooner, and sometimes the Tooth itself.

BUT it is safer to apply the following in the same Manner. *R. Opii Camphor. a. a. gr. V. M. pro Pilulis IV. R. Tinct. Myrrb. Laud. Liquid. a. a. Drachmam Unam M.* These put into the Tooth, either alone or with Lint, give immediate ease.

IF the Pain still continue, Purge, and if that fails draw out the Tooth, lest it foul the Jaw, and bring on bad Consequences: But if this cannot be allowed of, let the Cavity be stopp'd up with Wax, Mastic, Lint or Lead, for the Pain renews with the Admission of fresh Air.

WHEN the Pain spreads over the whole Jaw, Brandy or Spirits of Wine held in the Mouth will often remove it: In this case likewise an Opiate may be given over Night. The Mixture with *Ol. Amygd.* will here be good also.

THE Symptoms that arise in this Case are, 1st, A Pain in the Head, for which if it be obstinate prescribe Bleeding, Blistering, Purgings, Plaisters to the Temples and Opiates. 2dly, Pain in the Ears, which treat as in the beginning of the Cure.

3dly,

3dly, PAIN and Swelling of the Gums, for which scarifie or apply hot Slices of roasted Figs to the Part, and open the Tumor with a Lancet if it be ripe, which may be known by the diminution of the Pain and Throbbing, and the fluctuation of the Matter when prest with the Fingers.

4thly, Swelling and Pain in the Cheek, which is also critical, as happening when the acute violent Pain is gone off. *Ol. Chamæmel et Acetum Vel. Ol. Rosar. et Acetum*, are proper to take down this Swelling; or use a Mixture of *Ung. Dialth. Spir. Lavend. Comp. et Vin. Campb.*

As for the Tooth-Ach which meets with so little Relief, 'tis eased by gargarising the Mouth with Wine or Vinegar, in which Betony has been boil'd; besides a Decoction of Fir-Shavings held in the Mouth cures very violent Pains. These must needs dissolve the sharp Humours which corrode the Roots of the Teeth.

THE Blackness and Erosion of the Teeth, may proceed from a general Caries, a scorbutic Habit; the eating or drinking of Things too hot or too cold, a general neglect of cleaning them, the too liberal use of Mercury. 'Tis attended with little Danger, but it frequently subjects the Person to the Tooth-Ach.

THE following Powders are very serviceable, and well adapted to cleanse, preserve and whiten the Teeth. *R. Cremor. Tart. Tartar. Vitriol Bol. Arm. a. a. Drachmas duos M. Vel. R. C. C. G. Drachmas quatuor, Myrrh. Drachmas duos. M.*

Coffee

COFFEE Powder is good to whiten the Teeth, and it makes them very clean by rubbing them well with it, and washing with Water afterwards. Some use as a Dentifrice, the Powder of a crust of Bread, Brick Dust, or Tobacco Ashes.

*Gums Scorbutic, Mouth Ulcerated.*

THE Scurvy often corrodes the Gums, and loosens the Teeth, or causes them to fall out; as does also a sharp Humour lodged in the Alveoli. In this case the Gums are apt to bleed upon the least touch; the Teeth smell ill, and the texture of the Gums is spongy, and will sometimes sink away from, or rise too high upon the Teeth.

LET the Regimen be the same as in the Scurvy, if the Disorder be general, but if only slight and partial, no particular Diet is necessary to be observed. Bleed, if the Patient be sanguine, or apply Leeches to the Gums, if the Complaint be particular. If the Patient be in the flower of his Age, or lives high, give a few Mercurial Purges; afterwards *R. Aq. Flor. Sambuc. Mell. Rosat. a. a. Unciam Unam, Unguent. Ægypt, Drachmas quatuor, M.* This is good for scorbutic, swelled and bleeding Gums. *Vel. R. Aq. Rosar. Rub. Mel. Rosat. a. a. Unciam Unam. Unq. Ægypt, Drachmas duos, Tinct. Myrrb. Spir. Coch. a. a. Drachmam Unam, Ol. Vitriol gut. XX. M.* Burn Rosemary to Ashes, and rub the Teeth and Gums with it to whiten, and heal Tumours.

THE following Mouth Water is good also in Ulcers and Cancers of the Mouth, when used as a Gargle. *R. Fol. Salviae M. j. coque in Aq. font.*  
F
Untias



*Uncias Octo ad Colaturæ Uncias quatuor, Adde Aceti Vin. Alb. Uncias quatuor Mel. Uncias duos Alum. rnp. Drachmas quatuor, Coque et despumæ.*

*Lips, Ears, and Hands chap'd.*

THE Lips, Ears and Hands chap in cold Weather, because the Cold immediately contracts these Parts, which are much exposed to the Air: The free Circulation of the Blood and Humours ceases; the Blood and Humours stopt, ferment, corrupt, and turn into Pus; the Fibres are corrupted; the internal Air is disengaged, and makes it self large Apertures to pass off at, because then a more violent Fermentation is occasioned.

SNOW is good to cure the Disorder; the Salts which congeal the Juices, the Blood, and the Humours, are attacked to the Snow, and retire into their Pores; or the Particles of the Snow which dissolve insensibly, and communitate by degrees a slight Agitation to the frozen Parts which loosen them, and disengage them, which restore the Blood to its Fluidity, and open the Passages of the Blood to restore its vital Influence to all Parts.

*Quincy, and Relaxation of the Uvula.*

PEPPER is used along with Allum in Powder for a Relaxation of the Uvula, or as it is vulgarly called, when the Palate of the Mouth is down; for the Allum contracts the Fibres, and the Pepper exhales the Moisture that relaxes it.

THE Quincy is a difficulty of Respiration and Deglutition

glutition from an internal or external Disorder of the Muscles, and Glands about the Throat and Larinx. 'Tis either Inflammatory, and may Suppurate, or it is Œdematous, and so may be caused by a Plethora, a Stoppage of the Menfes, a sudden Check of any preternatural Evacuation, the drinking of cold small Liquors when the Body is hot, continuance in a cold Air, or viscidty of the Juices.

ALL Obstructions of Respiration are dangerous, especially these attended with Pain, redness in the Face, and a Fever. An Inflammation of the Muscles of the Larinx, is thought worse then of the Uvula. Obstructions from Viscidity worse then those from a Plethora.

AN internal Angina coming after long Diseases or great Evacuations, is bad, or happening suddenly without any Signs preceeding, is very dangerous, the Lungs being then commonly suppurated.

IN the external Species, Wine and Flesh are forbid: Water-Gruel, Barley-Water, Tea, Sage-Tea, Panada, roasted Apples, &c. are proper; and in case of Faintness, Sack-Whey and Chicken-Broth. Let all that's drunk be warm, and the Patient's Head laid high.

IN an external Quinsey before any Signs of Suppuration appear, Phlebotomy is universally necessary, especially in the Sanguine; and let it be performed in the Jugular, or in the Arm, and repeated boldly, as occasion requires.

If this relieves not in a few Hours, give a Glyster  
F 2 made

made of the common Decoction for Glysters, Lenitive Electuary and Epsom Salt; after the Operation give the following Draught, *R. Ol. Amygd. D. Unciam Unau. Syr. de Mecom. Drachmas Sex, Spir. Nitri Dulc. Drachmam Uuam M.*

Soon after apply a Vesicatory to the Neck, and others to the Arms, if a Fever appear: When the Blisters begin to dry, give a gentle Purgative, such as the following, *R. Elect. Lewiliu. Drachmas Sex, Cremor. Tart. Drachmam Unam, Pulv. Sanct. Drachmam demedium, M.*

In a Quinsey Bleed, Blister, and give proper Internals to allay the effervescence of the Blood and Humours. The decoct. Coccin in *Fuller*, the sulphurous Lokoch in *Allen*, and a Decoction of Tamarinds in Whey, are excellent Medicines in this Disease.

THE following Powder I have often experienced. *R. Cremor. Tartar. flor. Sulphur. a. a. Drachmas quatuor, Sal. Prumel. Sacch. Alb. a. a. Drachmas duos Misce fiat Pulvis in Chart. X. Æquales dividendus.* 'Tis an excellent Medicine for Inflammation of the Tonfils, Uvula, Larinx and Pharinx, so cures the Quinsey.

USE the following Gargle, Vapour and Cataplasm, *R. Aq. font. Aceti Optimi a. a. Uncias duos, Mellis sesquunciam, Misce pro Gargarismo.* This brings away gross and slimy Matter, is good in a Quinsey, and for Pains in the Teeth and Gums. The Steam of Pepper being receiv'd from a small-mouth'd Bottle from Water, in which it is to be boiled, into the Mouth, relaxes the inflamed Parts, and disperses the Swelling there, after Bleeding and gentle Physick. 1f



If there be a Swelling outwardly in the Quincy, apply a Cataplasim of beaten Figs, Ointment of Marshmallows, and Spirits of Wine camphorated, warm to the affected Part, which will not only disperse the Swelling, but also bring it to Suppuration when it is disposed.

INTERNAL Angina's or Quincies, where the Muscles are relaxed and wasted, are not to be cured by external and internal Remedies, but a neutritional Diet. If the Quincy be Watry or Œdematous, treat it as a Dropsy; if Paralytic, as the Palsy.

### H O A R S E N E S S.

GREAT and long Hoarsenesses are remedy'd by the use of Mustard; and some who catch Cold, are not so much troubled with Coughs as with a gross Humour, that lines their Wind-Pipe and makes them Hoarse: If this were a thin sharp Matter, it would not fail to tickle, and then they must Cough of course; But the thickness of it makes it cling close to the Lungs, and the Air, which ought to run glibly out of the Passage, is stopt, and they speak Hoarse; besides the Pipes grow wider by being made more flabby with Phlegm. As the Phlegm is the sole occasion of all this Inconvenience, we must drain it out of the Blood by Physick, if necessary, and the plentiful use of Mustard will dry it up, and clear up the Voice.

RAISONS are good in Coughs depending on a Sharpness of Blood; and their Decoction relieves Hoarsenesses, and sheaths any Acrimony in our Juices; The sweet Pyes, Puddings and Gruels therefore

made of them, are proper for meagre, thin, and hot Constitutions. All Emollients and Opiates are good in thin sharp Rheums, tickling Coughs, and proper in dry Coughs, which proceed from a sharp and saline Humour.

## C O U G H.

A Cough is a convulsive Motion of the Diaphragm, Muscles of the Larinx, Thorax and Abdomen, violently shaking and expelling the Air that was drawn into the Lungs by Inspiration. 'Tis either accidental, habitual or hereditary.

AN accidental Cough may be occasion'd by hard Drinking, sudden Alteration of Weather, change of Cloaths, or the catching of Cold, which is a stoppage of Perspiration, whereby the Lungs and Glands about the Head and Throat are overloaded with Lympha, or Serum, which goes off by Expectoration, or thro' the Nostrils.

AN habitual or natural Cough, may proceed from a particular weakness of the Vessels, or some fault in the Constitution; and the hereditary may be received from the Parents, or be owing to some particular Structure or Organization of the Body.

IN pituitous Coughs the Matter is often so viscid as to lodge in the Glands of the Trachea, so that the more fluid Part running back washes off the mucous design'd to defend the Trachea, leaving it bare and expos'd to the injuries of the Air, from whence proceeds the Hoarseness, Tickling and Excoriation, which so frequently happen in Coughs.

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AN hereditary Cough is incurable; dry ones, and those of long standing, hard to cure. A sudden stoppage of Expectoration happening after a Pleurisy, in those who are subject to Hemorrhages, Hoarseness, or an Asthma, is accounted a bad Prognostic; especially where the Thorax is naturally strait. Breakings out about the Mouth and Nose portend a critical Solution.

LET the Patient keep warm. The Diet should be Liquid; Linseed-Tea is of Service, so is the common black Troches. In weak Constitutions, and in old Age, where Expectoration is languid, a Glass of Wine and good Broths are allowable; but Malt Liquors or Salt Meats, Aromatics, and high Sauces do harm.

BLEEDING is proper universally, except in very weak and aged Persons; and ought to be repeated in proportion to the demand. If the Cough be dry and vehement, apply a Vesicatory to the Neck, and when the running of it ceases, give the common Purging Portion, and on the Evening exhibit a Purgoric made of *Ag. Hyssop Puleg. Syr. de Alib. Tinct. Croci et Land. Liquid.*

If the Patient be Young, the Matter expectorated thin, and the Cough prove tickling, and hinders the Patient's Rest, let the following be used, *R. Conf. Ros. Rub. Theriac. Androm. Syr. de Mecon. a. q. unoiam Unam, Pulv. Oliban. drachmas tres, Terr. Japon. drachmam Unam m. f. Elect. sumat. quant. Nuc. Castan. Omni Nocte.* In case of a Hoarseness and asthmatical Coughs, give *Balsam Sulph. Anisat gut. XX. bis terve in die cum paucq Saccharo.* If the  
Case



Case prove stubborn, let a perpetual Blister be made.

If the Blood be loaden with too much Moisture, or with glewy Humours, it stops in the Glands of the Lungs, and is seperated there, and occasions a Cough and difficulty of Breathing; and therefore in these Cases, Coffee is very beneficial. Tea is good in cases of the Breast, with Milk; so that in tickling Coughs, if it be infused in Milk instead of Water, it has a very good Effect in allaying these sharp Humours that infest the Passages of the Lungs, and which allow us no Rest, Night nor Day.

For a Cough and difficulty of Breathing, give to the Patient every Morning in a rere Egg, *Bals. Sulph. Anisat. gut. XX.* and a Decoction of *Rad. Glycyrrh. Enul. Camp. et Fol. Heder. terr.* for common Drink, *Vel. R. Rad. Glycyrrh. Rad. Irid. florent. a. a. Drachmas Sex, Rad. Enul. Camp. Flor. Snlph. a Drachmas Duos, Ol. Sulph. scrupulnm Unam, Mellis q. s. m. f. EleEt. Capiat quant. Nucis Juglandis bis in die.* See Asthma, Consumption.

### A S T H M A.

AN Asthma is a difficulty of Respiration from a disorder of the Lungs, usually attended with violent Motions of the Diaphragm, abdominal and intercostal Muscles, and with a stertor or ratling in the Throat.

If the difficulty of Breathing be so great as to occasion a violent Motion of the Muscles of the Scapula and Thorax, and all the other Symptoms of an Asthma, so that the Patient cannot be tolerably easy, but in an erect Posture, 'tis called Orthopnia. IT

It may be caused from Pus, thick or slimy Juices, or Polypus's in the Bronchia; violent Exercise, sudden Fear or Surprize, stoppage of Evacuations or Secretions, ill Digestion, Cachexies, or whatever affords viscid Chyle, hinder Concoction, or by distending, over-charging, or constringing the Canals, a slow Circulation; and lastly, any thing which prevents the animal Spirits from elevating the Thorax; as too great a viscosity or fluidity in the Blood.

If an Asthma be caused by Polypus's in the Lungs, or by a general Viscidity, it proves continual, tho' it alters with the Weather, and is incurable. A Stertor shews the Trachia or Bronchia to be stuffed; when if the Patient expectorates freely, the Distemper may go off that way: A spontaneous Looseness sometimes cures it; in old Age 'tis hard to cure; a Pleurisy coming on 'tis Mortal. A Plethoric is better than a phlegmatic Asthma.

ALL viscid Diet, as Cheese, Rice, &c. is accounted bad; all thin Spoon-Meats, as Broths, &c. good. If the Patient be weak, boiled Meats are preferred to such as are roasted. Let the Patient enjoy a clear Air, and use moderate Exercise.

BLEED universally, tho' but in a small Quantity, as that of three Ounces, now and then, and this may be done even in case of weakness and old Age; but in the Plethoric, take away a larger Quantity. If the Obstruction be lodg'd deep in the Lungs, bleed in the Arm; if about the Trachea, or a Stertor attend, in the Jugular.

AFTER Phlebotomy, if the Patient neither vomits,  
spits

spits Blood, nor be subject or evidently liable thereto, give an Emetic whilst the Fit is off; if the Patient be weak, *R. Aq. Cinam. ten Oxymel. Scilit. a. a. Unciam Unam, Sal. Vitriol Drachmam Unam. M.* Let the Vomit be repeated twice a Month, and after the Operation give Pectorals.

THE following Electuary has been found useful, even when the Distemper seemed inveterate and fixed, *R. Mel. Uncias quatuor, Pulv. Glycyrrh. Enul. Camp. a. a. Drachmas quatuor, Sem. Anisi Flor. Sulph. a. a. Drachmas tres, M. Capiat. quant. Nuc. Castan. ter in die.* This is often used with Success, and by it the Patient may be brought to pass his Life more easily.

THE whole Mass of Blood passing thro' the Lungs, by virtue of the Circulation, it is impossible for the Blood to be under any ill State, but the Lungs will feel the ill Effects of it; for this Reason, if the Blood be loaden with glewy Humours, or with too much Moisture, it stops in the Glands of the Lungs, and is seperated there, and occasions a Cough, short Breath, and an Oppression; and therefore, in these Cases, and for Persons who are Asthmatical, and who are used to Spit much, and Cough often, Coffee is given with good Success.

FOR it procures to them a good Digestion, and good Blood, and by attenuating the viscid that was in the Juices, no glewy Matter can be generated: Coffee gives fresh Vigour to the Spirits, it dries up Humours, and cures all those Diseases that depend on too much Moisture, such as Rheums on the Breast, and Defluxions any where, and is good in asthmatical Cases especially, if it be taken with Tincture of Saffron.—See Cough.



*A Spitting Asthma, Diarrhea, and Watchings.*

A Humid and Spitting Asthma may be joined in with a Diarrhea, and Watchings, which have often been relieved with Pectorals and Opiates fitly prescribed; for as the Pectorals are Lenient, they promote the Flux, and as the Opiates condense or fix our Humours, they are prejudicial to the Expectoration; hence the Medicines are contrary, but as the Danger is equal on each Quarter, therefore neither is to be neglected.

*Spitting of B L O O D.*

THE Air often occasions this Disease, inasmuch as it inflames the Blood and Spirits by its fiery Nature, and renders it also too Acrimonious; from such a disposition of the Blood, the Vessels may give way both by the Juices taking up more Room, and corroding these Vessels; or inasmuch as it is too Cold, it may contract the Vessels into a narrower Compass, and make them too strait to hold their Contents, and thus also may Spittings happen; for cold affects the Lungs immediately, and raises Coughs and Spittings of Blood.

THE next Thing to be considered in Spittings of Blood is our Diet; when we feed with a plentiful Hand, when our Meat and Liquors are too nourishing, a Plentitude or full Habit will be contracted, and will greatly contribute towards this Disease: Liquors too Spirituous, plentifully used, do introduce a Spitting of Blood, because they over-heat and rarefy the Blood and Juices, and this state distends the Vessels even to a Breach of them.

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THE Retention of the menstrual Flux, or of the bleeding Piles, do often produce this Disease, because where there is either a Plenitude contracted, or there is a stagnation of Blood in the Lungs, a Road is paved for such a Distemper. Violent Exercises bear a great Sway in causing Spittings of Blood ; so do a straining to Vomit, to go to Stool, Labour, Running, Fighting, a strong Inspiration, shouting Aloud, and lifting up great Loads, &c.

AMONGST all the Passions of the Mind, Anger is the chief Cause of this Distemper, for it promotes the hasty Motion of the Blood and Spirits, and tosses them in a violent Manner, or the Blood is hurried on in so irregular a Manner, that there ensues a Breach ; for what Vessels can bear such a Shock. A Bruise, a Fall, a Stroak, a Wound, Fever, and Coughing do occasion it ; for where there is any great Impediment to the Motion of the Blood, or too excessive a Motion of the Fluids, Blood does readily flow from thence.

THESE Causes producing this Distemper are the result of Experience, wherefore the preservatory Cure must provide against two Evils, to wit, least a Spitting of Blood should return, and least an Ulcer should be bred from this Spitting : Both these inconveniences are prevented, if the Patients follow an exact Regimen of Diet, and the Blood be kept from abounding, and in a due Temper.

FASTING, restraining from Excess in Meats and Drinks of a moving Nature, and Water-Drinking, as also taking away Blood, and avoiding all the Causes I have just come from mentioning, will  
effectually

effectually contribute to prevent Relapses into this Distemper.

IN Spitting of Blood from Coughs, Tea boiled in Milk is convenient, because the Milk and the earthy part of the Tea, which is communicated by boiling, do both contribute to soften the sharp Humours, and to close up the Orifice.

TAKE Nettles and Plantine, of each an equal Quantity, bruise them and press out their Juice, and when it is settled, give the Patient two or three Spoonfuls thrice a Day : This is excellent for Spitting of Blood, and all other Hemorrhages. The *Elect. Hemopt.* *Jalap Hemopt.* *Syr. Acid*, &c. in *Fuller*, are all good Medicines.—See Bleeding at Nose.

*A profuse Hemorrhage, and great Weakness.*

A profuse Hemorrhage, joined to a great Weakness, are an unhappy Complication ; if the Hemorrhage continue, the Weakness is encreased, and Death ensues ; if the Weakness is remedied by cordial Medicines, the Hemorrhage is kept on Foot : A neglect of either, however is dangerous, and each Indicant presses for immediate Relief, which is not obtained without artfully blending Contraries, to wit, Opiates and Astringents, along with cordial Remedies.

*An Hemoptoe, and Phlegm in the Lungs.*

IF an Hemoptoe should be accompany'd with a phlegmatic Saburra in the Lungs, giving inciding Pectorals re-promotes the Spitting of Blood ; and Opiates or Astringents for the Hemoptoe, check the  
spitting



spitting of the Phlegm lodg'd, and we shall be in danger of Choaking; therefore we must artfully mix the Medicines, so as the Blood may not Ouzé, and yet the Phlegm may be expectorated, which though a difficult Point, yet is obtainable by a prudent Practitioner.

*An Ulcer of the Lungs, with an Hemoptoe.*

AN ulcerated Gland of the Lungs may at last erode a Vessel by the acrimonious Salts of the Part, and produce an Hemoptoe and destroy us quickly; the Ulcer may reign long without any perceptable Prejudice: But this Flux brings us into immediate Hazard; we must then neglect the Balsamic Mixtures, 'till we have quell'd the Flux, and then may, as before, go on with our Deterfives for the Ulcer, if they will avail, for this is a desperate Case, and seldom succeeds.

*A Vomiting of Blood, and a Load at the Stomach.*

IN a Vomiting of Blood, and a Load at the Stomach at the same time, 'tis then necessary to slight the load the Stomach bears, 'till the Vessel is quite shut, because the Syncopes and Sicknes happen not so much from the Saburra, as from the Quantity daily disenbogu'd; first then shut the Vessel, and you may at Leisure rid the Stomach of its Contents by gentle Lenients, which leave a restraining Quality behind them.

*Consumption and hectic Fever.*

ALL internal Ulcers wasting the Body acquire the Denomination

Denomination of Consumptions; but in this Place I speak of a Wasting, happening from a Consumption of the Lungs, which is therefore defin'd to be an Ulcer of the Lungs, arising from a sharp and acrimonious Matter, introducing a slow Fever, a Cough, a difficulty of Respiration, and a wasting of the Body.

THE Blood and all the Humours of the Body are greatly vitiated; for without some previous fault in the formation of the Lungs, the Juices are always first affected, and with an excessive Acrimony, and at the same time a Grossness, which lay the Foundations for an Inflammation, and then an Ulcer.

FOR Humours that are rendred Gross, are apt to stick at any Obstacle; and if the Circulation be ever so little retarded, the Acrimony exerts its stimulating Force, and this hurries the whole Bent of the Juices to the Part so fretted; the Part therefore swells and inflames, and an Ulcer is a necessary Consequence of all this Mischiefe unheaded. This short Account gives a great Light into what Methods would prevent the increase of a Consumption.

THE Signs of a beginning Consumption are, a slow Defluxion, a dry Cough, and a thin salish Spittle; moreover, there is a Disposition which we may call a consumptive Habit, such is a strait Breast, winged Shoulders, and a long Neck; and very often consumptive Parents do beget consumptive Children: For if all other fixed Diseases do make the Children subject to the same, we may readily allow consumptive Parents to generate consumptive Children.

WHEN

WHEN a Consumption is actually begun, these Signs betoken it; the Body wastes; the Cough is more frequent; the Expectoration more free; Blood and Matter are coughed up; they have a heavy Pain in the Breast; their Stomachs are inflated; Appetite depraved; they are Thirsty; their Feet swell; in the Night they sweat much; they are often Faint; their Pulse is quick and weak; they have a slow Fever, which encreases after Meals, and the Palms of their Hands and the Soles of their Feet glow, they lose their Vigour and Strength.

IN an advanced Consumption all the former Signs encrease, and a Flux succeeds; their Face becomes Hypocritical, that is, their Eyes sink, their Temples flag, their Noses become sharp, and their Skin becomes yellow or pale; but all those Signs are not observed in all: The most distinguishing Signs are the frequent Cough, the difficulty of Breathing, the slow Fever, and the Wasting away. At the beginning 'tis easily cured, but when once it is confirmed into an Ulcer, it is hard to cure; that is, when the Matter swells, there is a Flux of the Belly, a Swelling of the Legs, and a Sweating.

LET us examine what Symptoms precede, before any one is seized with a Consumption, and we seldom fail of hearing, that such Persons labour'd under a Pain of the Head, a Defluxion, and a Cough; from whence it appears, that the Effects of most Defluxions are first felt in the Head; because in Defluxions the Humours swell, and the Head, by reason of its bony Cover, bears such a Rarefaction badly, and therefore Pain must attend such a State.

VERY



VERY often a Pleurisy is the cause of such a Consumption; for if the Obstruction that occasions a Pleurisy be not taken away, but the Blood is suffer'd to stagnate and impostunate, then follows an Empyema, or an Abscess in the Breast, which, if not cured in forty Days, introduces a Consumption. Lastly, the Blood offending in Quantity and Acrimony, especially in a Volatile one, erodes, opens, distends, breaks, and spoils all the Vessels, and ushers in a Consumption.

As to the non-natural Causes, the Air, as it surrounds us, often gives rise to them; for Cold and Moisture in it seldom fail of producing Colds and Defluxions, and cold Air drawn into the Lungs, after heating the Body, is very often a cause of an Inflammation, at least of an obstruction of the Glands, which lays a foundation for a Consumption.

OUR Victuals and Liquors contribute their Share, for if certain Victuals be eaten they introduce it, and if good Victuals are thrown in too plentifully, they produce Crudities and Grossness, and at last Inflammations or Obstructions; and Wine taken too copiously inflames the Juices, and creates at last Obstructions: Excessive Motion stretches the Vessels; and Idleness makes the Blood grow thick, and stops all natural Discharges.

As for the Secretions, the menstrual Flux in a particular Manner being suppressed, does frequently break the Vessels of the Lungs, and erodes them, so that in this case Consumptions are common; and when People are subject to the Bleeding Piles, they have the same Effect.

THE Passions of the Mind, whether Grief or Anger, spun out into a Custom or Length, do greatly contribute towards a Consumption; because from Grief the Spirits are exhausted, and the Nerves of the Lungs so contracted that the Blood stops in them, and becomes sharp and irritates; and from Anger they hurry about the Blood so furiously, that the watry Parts are exhausted, and the inflammatory ones are left behind, which stick in the Lungs, and there inflame and impostumate.

As to the natural Causes, a cholerick Constitution is one of the most common; because from every little increase of Motion of any kind in Mind or Body, the Blood is heated, and rushes with Violence towards the Lungs, where it often stands still, and inflames them by reason of its Haste and Force; and a phlegmatic State is the cause of an asthmatic Consumption, because the Grossness of the Blood occasions a stagnation and an inflation of the Glands with thick Phlegm.

YOUTH therefore is most liable to acute Consumptions, and advanced Age to asthmatic ones. The female Sex become subject to slow Consumptions from their sedentary Life, and the Young very frequently make themselves Consumptive by lacing too strait; for this by the too great Pressure straightens the Vessels of the Breast, and hurries on Spittings of Blood and Consumptions: And moreover, the natural Formation does often contribute to it; wherefore straight Chests give rise to them.

I have recited the immediate and remote Causes, let us now give an Eye to the Symptoms; and first, the

the slow Fever that attends Consumptions depends on saline and sharp Particles, that are continually stimulating the Heart to frequent Contractions, and as the Blood circulates in proportion to the frequency of the Pulsations, and the strength of them, therefore whenever the cause of these Contractions is augmented, the Blood grows hotter, and a Fever Fit ensues, which terminate in a Sweat, and then the Fever is over, 'till next time that the Matter is resorbed in a sufficient Quantity.

THE difficulty of Respiration arises from Matter that stuffs up the Air Place, or from the space the Blood takes up in the Fits, either of which take place continually.

THE Cough depends on the sharpness of the Matter stimulating the Membrane of the *Trachea Arteria*, and in such a Condition the Lungs never can want acrimonious Matter: The Ulcer begins the Work, and so much Acrimony is milk'd into the Lungs from their frequent Contractions, that the Cough is perpetual.

CONSUMPTIVE People are often subject to fainting Fits, and there is no great wonder, since the Spirits must be supported to escape Faintings; and in the present case all Nourishment is evaporated, and therefore Faintings must ensue, and likewise Wasting of the whole Body.

THE Flux is one of the last Symptoms that attends Consumptions, arising from the great Acrimony of the Humour stimulating the Intestines, and from their Laxity, from the want of Vigour and Spirits.



THE Choler in Consumptives is very Sharp, \* and as it ouzes continually into them, it produces its natural Effects, that is, it stimulates and causes a Flux, the Humours thrown off are so expensive, that Life lies at Stake, and this generally closes up the Scene.

It is easy to know how to avoid a Consumption, by a right use of the evident Causes; a dry and moderate warm Air, Victuals of easy Digestion, without any Saltness or Grossness in it, and the other Causes abovemention'd being justly managed, will secure us from Attack.

IN consumptive and hectical Cases, where they have few Spirits, but have a sharp Blood, use Coffee boil'd in Milk; the Milk and the Coffee will temper and correct the sharp Juices, and equally recruit the animal Spirits, too much weaken'd by the excessive Perspiration.

MILK, thus prepared, does not curdle in the Stomach, nor consequently occasion these Obstructions, which it otherwise is apt to do; nor does it make the Head-Ach, as Milk commonly does; but it smooths the Acrimony of the Humours, calms all Commotions, helps the Cough, nourishes and fattens the Diseased. Bitters mix well with Milk, and agree with it.

IF Children, or Adults, are thin and consumptive, tender and sickly, they ought to have their Milk boiled with Tea Leaves in it, and gently sweeten'd, this will fatten them, and open Obstructions, and also help to destroy Worms. Let an Adult take a Quart or more of this in a Day, and about a  
Quart

Quart of the abovementioned Coffee, which I had forgot.

CHOCOLATE should be given where the Blood is too thin, and therefore in some hectical Cases it is a good Nourishment; but all such as have a gross or obstructive Blood ought to forbear its use. Thus may we remedy Diseases with Diet, and Remedies thus easy are to be wished for, since a Remedy that is nauseous is often, as it were, a new Disease to a Patient.

THE curative Indications are first to evacuate, after which use gentle Aperients of the cooler kind, Relaxants, Incrassants; and such as clog the hurry of the Blood's Motion; fasting from too spirituous a Diet; so that Bleeding, cooling Aperients, Balsamics, smooth Pectorals and Opiates, are all the Requisites in a Consumption, as Experience hath many times taught me.

### *SWEATS Excessive.*

THE Glands of the Skin do afford a certain Secretion, which is called Perspiration, whatever flows from thence besides is reputed Preternatural; and Sweats being a wasting Disorder, deserve our Consideration.

SWEAT appears to the Eye to be nothing but Water, but, upon tasting it, we always find it Saline and Bitter, and it smells Fetid, and in most things it agrees with the Urine in its Nature, as appears by the following Marks: For if a Person takes any Medicine to provoke Urine, and it does not succeed,  
these

these People sweat upon the least Occasion; and on the contrary, if they take a Sweat that does not answer the End, they often make much Water, then the taste of both is Saltish, so that they seem to differ in nothing but in the Place of Secretion.

THESE Sweats are distinguished variously, for they are either Copious, or Saline, or Bitter, or Fetid, Cold or Hot; or they are Critical or Symptomatical, according to the Advantage receiv'd, or the Damages done by them: Let us therefore look into the causes of this Disorder, that we may the better know how to manage it.

THE following evident Causes do promote it, namely, a warm moist Air, excessive Exercise, great Vexations of Mind, warm Liquors taken in a plentiful Manner, or cold Liquors after Heats, warm Cloathings, and warm Remedies. As for other Causes, Fevers are the most common; but it often happens that Remedies, and an acrimonious Blood, are causes of Sweats; all which I shall briefly account for.

IN general, Sweats often ensue, whenever the Blood is too lax as to cohere but slightly, so that the Serum, which is Saline, flows readily thro' the Pores. The warmth of the Air has this Effect, inasmuch as it surrounds our Bodies, is breathed into the Lungs, or is even swallowed down with our Spittle; the fire it contains rarifies our Blood, moves it briskly forward, and dividing its Parts, causes a Separation thro' the Pores.

MOTION gives rise to Sweats, for by it the Blood  
and



and Spirits are pressed forward thro' the Vessels, the Particles of the Juices are rarify'd, and then, as we may say, they run over their Banks. As to the Passions of the Mind, it is certain, that when our Mind is under any Agitation, the Spirits are detach'd plentifully into the Nerves and Muscles, as well as into the other Vessels, and we find an evident Acceleration of the Pulse, so that the Blood is divided, rarified, and pushes out its thinner Parts to the Pores.

LIQUORS of a warm Nature, or taken very warm, do irritate or afford matter for Sweats: Water itself, especially warm, dissolves the Salts, and then they being dissolv'd, stimulate strongly at all the Emunctories, and more especially at the Pores, and Sweats ensue.

As for cold Liquor taken immediately upon Exercise, it has two Effects; either it congeals the Juices and thickens the Blood, or the heat of the Stomach is so great as to warm it immediately, without receiving any Prejudice, and then it has the same Effect as if it were taken down warm, and causes Sweats in the same manner.

WARM Cloathing keeps the Pores open, especially Flannel worn next the Skin, and encreases the flux of Humours thither, by opening the Orifices and relaxing them, they grow wider, and consequently more runs forth, so is bad for Consumptives: These are the evident causes of Sweats.

WE will now descend to the preternatural Causes of it, among the chief of which I shall mention Fevers of all kinds.

THERE

THERE seems to be various Salts in the Blood of feverish Persons, or however the Salts are Acrimonious, and stimulate the Heart more frequently, and the Consequence of this Stimulation being a more frequent Circulation, and a Division of the Parts of the Blood, or a Rarefaction of it, the thin Parts fly off at such Passages as are made for them, and consequently Sweats are familiar in Fevers.

VOLATILE oily Salts do also occasion Sweats, and are given in malignant Cases for this End, because these Diseases terminating in this manner by Nature, it is an Encouragement to give them in imitation of Nature: By these Salts the Blood's Viscidity is attenuated, its Parts rendered less cohesive, and Secretions are regularly performed.

THE Reason of Sweats being sometimes Particular, at other times Universal, is to be sought for in the Blood's Constitution, for if it be well disposed every where, universal Sweats ensue; if only in some Places the Blood be well disposed, and the Pores sufficiently lax, then particular Sweats ensue.

As for cold Liquors being drunk after Exercise, it is evident, if ever Men sweat after them, it is because the Fibres are put into stronger Vibrations, when they are not injured; for as cold Liquors contract the Fibres, if this Contraction be sufficient, it puts all the Fibres every where into contractile and oscillatory Tremblings, from which a swifter Circulation ensues, an attenuation of the Fluids, and a more frequent arrival at the Orifices of the Glands, and consequently a Secretion proportionable.

BUT

BUT where this happens once it happens six Times, that Men suffer great Damages from drinking cold Water after strong Exercise, because the Fibres are greatly contracted, and the Juices circulating are embarrassed, and they inflame the Parts; hence come Quincies, Pleurifies, and other dismal Disorders.

As to fetid Sweats, it appears by their Fetor, that they proceed from Salts highly exalted, and which dissolve the Blood into minute and thin Parts: Hence it is no Wonder that such Blood should escape and fly off.

IN such Sweats they should remove into a cool Air; they should be at rest and easy in their Mind; they should avoid Liquids of any Kind, and be thinly cloathed; they should wipe off their Sweats with Towels, and their Diet should be glutinous and cooling Herbs and Food.

### F A I N T I N G.

A Fainting is one of the greatest Diseases that affects Mankind, since that divine Structure more nice and accurate than any of the finest Machinery, the whole Man found this Moment, is the next either dead, or in imminent Danger of Death: So surprising a Disorder deserves our Notice.

'Tis called a Syncope, which is calling it a Cutting off; because we rush down at once. It is when all our Functions fail of a sudden, for in it the Pulse, the Breath, and all Sense and Motion fail in an Instant.

THE Heart is the second Principle of Life, and  
that



that Part which is first moved, and dies last of all; so that the Heart is the immediate Cause of Swooning, whatever be the preceeding Cause, which sometimes resides in the Stomach, or elsewhere; so that the first Subject affected is the Heart and the Secondary, the Bowels, or some other Part.

THE Symptoms which precede the Fit are a Coldness, Faintness, difficult Breathing, Giddiness, and a Dimness of Sight. It is accompanied with a Privation of all Sense and Motion, and even the Breath and Pulse disappear; very often a cold Sweat breaks forth, a Paleness seizes the Face, the Lips grow white, and the Patients differ little from dead Persons, for it is a half Death.

As for these Symptoms that follow it, if they are not taken off, the Breath returns by degrees, the Heart begins to vibrate again, and the Pulse also returns, then the Patients come to their Senses, and open their Eyes, and they perfectly recover all their Functions, saving that a Weakness remains.

WHAT is most wonderful is, that Persons should ever return to themselves by the Force of Nature; that the Spirits should all seem to be evaporated and wasted, which the sudden Failure demonstrates, and that they should return and begin, as it were a new Life. An Impediment to the Motion of the Spirits, takes away the Motion of the Heart; and that Impediment being removed, is the Cause of the return of Life.

I told you that a Coldness was one of the Signs that preceded a Swooning, which depends on a Cessation

tion of Motion of the Juices ; now any Viscidity of the Juices stops their Hurry, for as they lose their Fluidity they lose their Motion.

THE slight Faintings and Failures of the Spirits, are so many Interruptions that befall the Motion of the Spirits, and the due Tension of the Nerves from their Evaporation, or their want of being produced, by reason of an Impurity of the Blood, because the Blood is thickened, its Motion is lessened, and there is too scanty a Production of them.

THE Pulse is weak in proportion, and hence this Symptom : A difficulty of Respiration is felt, because when the Blood is thick, it sticks in the Vessels of the Lungs, and makes them stiff and incapable of yielding to the Air's Pressure upon them. I shall now take Notice of the Signs that accompany a Swooning, namely,

THE cold Sweats observed in the Foreheads and Breasts of fainting Persons, they are plain Arguments of the flagging of the Vessels every where, by which Subsidence the cold Juices are squeez'd out to the very Extremities, that is to the miliar Glands, and stand there in the form of large Drops ; because being gradually accumulated, they stagnate there.

THE Paleness of the Face and Lips arises from the Blood's not being transmitted to the extreme Parts ; the Lymph is driven thither, but there is not a sufficient thinness in the Blood to be sent thither ; hence the Paleness. This is evident in old Men and cachectical Persons who are Pale, from a Quantity of Phlegm that predominates in them.

LASTLY,

LASTLY, Let us take a view of those Symptoms which follow a Swooning; namely, how the Heart and Pulse begin their Breathing again.

WHEN the animal Spirits, which had failed in the Nerves moving the Heart, are detached in a sufficient Quantity from the Brain, where the Motion is not totally destroy'd, so as to influence the Muscles of it, then does it again begin to act, and then also does the Pulsation return; then do the Lungs begin to play again, then the Blood, which for a while stood still, moves forward, and all our Functions are restored.

HAVING determined the manner of the Production of Swooning, it would be necessary to descend to the Management of such Persons as are subject to it; in order to prevent its Returns, we are to observe the different Symptoms and Constitutions that precede it.

If then we find any one of a warm and dry Constitution, it is then necessary for such Persons to avoid all hot and warm Diet, to insist on Water drinking, on cooling Herbs, such as Mercury, Lettice, Spinage, &c. and to shift into a cool Air, to use little Motion to encourage Sleep, and to avoid all exasperating Passions of the Mind.

BUT if, on the contrary, you find the Patients of a cool Temperament, and without Thirst, and often Hungry, we must insist on a warmer Air, on Victuals high seasoned with Pepper, and other hot Spices or Aromatics, and on Wines of the strongest Kind.

THEY



THEY ought to move briskly about, to sleep little, and to be Angry but not Sin; because as the Blood is too Cold, Viscous and Gross, it ought to be attenuated, to be devided, and to be warmed to that Pitch which is convenient for Nature.

*Palpitation of the Heart.*

A Palpitation is a convulsive Motion of the Heart, which is irritated by acrimonious and viscid Humours in the Blood; sometimes this is done by a flatulency in the Spirits that run to the Heart irregularly, and inflate the Nerves, and so occasion Convulsions.

THIS may happen from an hectic Constitution, a natural Straitness of the Thorax, or any violent Motion; sudden Rarification of the Blood, immoderate Passions, as Anger, Fear, Shame or Joy: From Fevers, wherein the Pulse intermits; Callosities, Concretions, Tumors or Polypus's in the Heart or Aorta; as also from Disorders of the Pericardium.

IT may be known by laying the Hand upon the Part, the irregular Variations of the Pulse, and by the Disorder it causes in Respiration: If it proceeds from a Callosity or Tumor, a Polypus or Excrescence, it augments gradually, and usually proves Mortal; but the sooner if the Patient be Plethoric, or lives Irregularly.

LET the Diet be regular and simple, consisting chiefly of Spoon-Meats, as Gruels, Barley-Water, Whey, &c. all which should be used luke warm. Wines and inflammatory Liquors, all Passions, and too violent Exercise must here be avoided. In case of Hectics

tics proceed as in Consumptions, omitting only what is apt to rarify the Blood.

BLEEDING is the grand Remedy, if once the Palpitation begins to affect the Pulse, and disorder the Body: When an Asthma attends it, order Blisters: When Passion is the Cause, if that Symptom continue Bleed, Blister, and give an Opiate. If it proceeds from hysterical Disorders, or a Fever, regard these Distempers respectively. When it happens from Polypus's in the Heart, 'tis incurable.

THE following Medicine is proper in this Disorder after Bleeding. *R. Gum. Arab. Unciam Unam, Solve in Decoct. Hord. Librum Unam, Adde Vin. Alb. Uncias Tres, Syr. de Alth. Unciam Unam, Spt. Nitri Dule. Drachmas Duos, Tinct. Myrrh. Semp. scrupulos quatuor Bals. Peruv. guttæ 24 M. sumnt. Cochl. iv. Mane et Vesper, Phialæ prius Agitata.*

*How violent Passion endangers Suffocation.*

### The C U R E.

THE Motion of the Blood, in Passions of the Mind, may be hindered or lessened by opposite and contrary Causes, to wit, both by too excessive a Motion thro' the Heart, and by a more copious Influx of animal Spirits into the Heart.

FOR it is probable, that the Blood in Joy is distributed so copiously into the Heart, and is there so powerfully moved and rarified, that by its Plenty and Violence the Heart is overpowered, and by constituting a kind of Plentitude, that distends it too much,

much, so that the Heart cannot be contracted without great Difficulty, and the Blood is received into the Arteries with an unequal Motion, and perhaps too sparingly.

AND as the Influx of the animal Spirits into the Heart being too Excessive, and continuing in this violent Course too long, keeps it straitened, and forces its muscular Substance to remain too long in the same State of Contraction; every one must know how hardly the same can be unfolded and dilated, to receive the approaching Blood, that it may be regularly circulated. Wherefore, to correct this vitiated Motion of the Blood, and to hasten forward its lazy Motion, Bleeding is convenient upon many Accounts, and produces the same Effect in this disorderly Affection of the Mind, as it does in a Plenitude; and the same Bleeding does so far correct the animal Spirits, that are brought too plentifully to the Heart, (as the Blood being now more rapidly moved, it also passes thro' the Heart more impetuously, and obliges it by Force, as it were, to a Distension) that it reduces these Spirits by this means, to their natural and reciprocal Influx, or their ordinary Motion, and now the Mind partly composed distributes the same sufficiently into all the Parts of the Body.

AND here it is to be observed, that this Bleeding in Passions of the Mind does not avail, unless in the beginning of them, for after they are settled, it is in vain to do it, the Patients receive no Advantage by it: Neither ought this to be wondered at, for after some Time, for Example, in such Passions, as are Frights, and the like, the Blood by delay is condens'd and congeal'd, or acquires a Thickness, greater or less,



less, in proportion to the Passion, so that the Fault cannot be corrected or amended, but by inciding Remedies, and by such Medicines as dissolve the Blood.

ADD to this also, that unless in extreme Passions of the Mind, for Example, in excessive Joy, Blood be immediately drawn, such are generally in danger of being suffocated; yea some, as physical Histories do testify, sometimes are presently choaked, and die miserably.

*How Terror strikes Men Dumb and Palsical, and how Anger cures them.*

We frequently see Men struck Dumb with Terror, and grievous Passions do often on a sudden hurry on a Palsy: What Reason can be given for these Phænomens?

I can think of no other, then that the Blood is impeded in its Motion, and the influence of the animal Spirits is taken off, so that neither Muscles or Nerves do their wonted Functions, but are totally deprived of the necessaries for Motion; the Blood cannot move freely every where therefore, because the Parts are contracted, or made rigid, so that an Interception of the Motion must necessarily ensue, till the Terror ceasing, and the Nerves becoming again flexill, the Machine works in its usual Manner.

THUS we see the depressing Passions, such as Terror and Grief, will bring on a Palsy; but on the contrary, the exalting Passions, as Joy and Anger, will help to cure the Dumb and Palsical: For *Bartholinus*

*ibolinus* tells us, that a Man who had been Dumb for four Years, meeting with an old Woman whom he hated extremely, strained to that degree that he gave her very abusive Language.

ON these occasions the animal Spirits finding themselves at once in greater Number, more agitated, more free, and stronger then ordinary, opened the Passages, wherein there had been Obstructions capable of hindering the Action of the Spirits and Nerves.

*Grief prejudices the Nerves, Blood and Spirits, and brings on Dropsies.*

MANY do suffer from the Passions of Grief and Sorrow, for they naturally bring on a sedentary Life, and both together arrest the proper circular Motion, the Blood runs slowly, and has Leisure to unite and grow Viscid; but there is somewhat more in Grief than a common Cause, for Grief dries and shortens the Nerves, and they being annexed to Arteries, and surrounding them, the Blood cannot go forward, and so stops.

THIS is the principal Reason why so many hysterical People are so subject to Dropsies in their Abdomen, for the Nerves of the Mesentery, and elsewhere, are so often contracted and convulsed, that they stop the Circulation for a Time; nay, and at last these same Nerves are under a perpetual Convulsion, and then it is impossible for the Blood to pass thro' half the Vessels it ought, wherefore the Remainder will Swell, and will often spue out its thinner Contents into the Cavity; and granting this, I think it is easy to account for the Rupture of Vessels too

H

much

much distended, and consequently for Dropsies ensuing from thence.

*Appetite lost, Indigestion and Wind in the Stomach.*

WHEN the Air is temperate and clear, it helps our Digestion, as well as gives an Appetite ; and it does Harm when it is cloudy, thick and foggy, and being mixed with the Blood, its finest Parts are convey'd off by Perspiration, whilst its grosser remain in the Blood, and render it thick ; from which Corruption every Evil is to be apprehended.

It renders the Juices it first mixes with depraved ; it lessens Hunger, and the Digestion of the Chyle ; it is the original Cause of spontaneous Lassitudes, and often retards the Motion of the Spirits ; whence may the Reason of our Drowsiness in dull Weather appear.

VICTUALS unmercifully devoured are also a main Cause of this Disease ; for as Liquor too copiously taken down destroys the Wrinkles of the Stomach, and makes it Slippery, and if they are also Acrimonious, they excoriate it ; so grosser Meats, and such as are hard of Digestion, do produce viscid and tenacious Humours ; by these the ferment of the Stomach is impoverished or enervated, so that cold, watry, gross, fat, smok'd, and salted Meats, as also Fish, and some Fruit, are prejudicial to this Distemper.

SLEEP, if it exceeds its natural Limits, causes a visciduity in our Humours, and heaps up Phlegm ; nay, Watching to Excess often dissipates all that is thin, and leaves our Humours gross. What I have  
said



said of Sleep and Watching, I say of Motion and Rest, because we may well compare an idle and unactive Life to Sleep, and excessive Motion to immoderate Watching, and therefore they vitiate the Blood much alike.

IF things that ought to be excreted are retained, and, on the contrary, those which ought to be retained are separated, the good will depart from the Mass of Blood, and the bad Humours will remain. As for the Passions of the Mind, they ought to be void of Hurry.

WHEREFORE chuse in this Disorder a warm and dry Air, to lead your Life in: Let your Victuals be easy of Digestion, such are Lamb and other young Animals, Pullets, Partridges, and the like, and Pears and Quinces baked with Cinamon and Cloves, but eat little at a Time. Let your Liquor be Red Wine, and now and then an Orange may be vented upon. Let their Sleep, Exercise, &c. be moderate; and lastly, study to keep themselves serene and free from Passions.

IN a great Indigestion or Lienteria, when every thing taken is voided unchang'd, give over and above, Diuretics, because by such a thin Discharge, we shall enable the Stomach to recover its strong Tone; for if the Fibres and Solids are at any time too much relaxed, a drain of the watry Parts of the Blood being made, these Solids do again recover their Tone.

IF you digest your Victuals badly, as will be known by belchings and swelling at Stomach, you

ought to eat less and seldomer ; you ought to Exercise moderately, and Sleep more.

FOR it is certain a quiet Sleep promotes the exhaling our steams thro' the Pores of the Skin, and Flatulencies is the most arial or ætherial Matter in the Body : The Pressure of our Stomach is weak, if the Victuals be only half dissolved, and then it is we complain of Wind ; the Chyle is thick and spirituous, that is, it has a good deal of Air wrapt up in Slime, which for want of a thinner Consistence is retained, and swells us up, and makes us uneasy.

SLEEP under a warm Cover affords the Heart a fair Opportunity of dispersing our Norishment to every Part, and of returning with ease to the Heart again ; this being encouraged in the time of Rest, those thin and subtile Parts, called Wind, exhale, and our Stomachs mend upon it : This work is helped forward with drinking a Glass of Wine in a proper Quantity ; this helps to fortify our Spirits, strengthen our Stomach, and throw off the airy Matter.

PHLEGM often lodges on the Coats of the Stomach, nay, in the Interstices of the membranous Fibres, where it soaks in, and a gentle Vomit in this case will be of great Service, for the shock the Stomach suffers by a Vomit, cannot fail of squeezing out all the Matter out of it, and then it is brought to a good Tone, proper for digesting our Victuals, by some good Bitters. But as Nature has provided, that what is received at the Mouth, should pass to the common Draught, stomachic Purges are safer and more effectual ; because by them the Intestines, as well as the Stomach, are freed from their Filth.

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THE Stomach is rendered more vigorous by the use of Mustard, because where it is relaxed by being soaked in a watry Blood, that circulates thro' its Coats and Vessels, this Diet gives its Fibres fresh Vigour, and makes it grasp its Contents better, and press out the alimential Juice from the Fibres of the Meat, and makes it toss the Victuals forcibly about from Side to Side, 'till it parts with all the Juices they contain, which done, it is thrust downwards into the Guts to be further laboured into Chyle and Excrements.

WHEN People depend upon Herbage for their Diet, that is of Lettice, Roots, Pease, and the like, or upon unleaven'd Bread, then Coffee is an excellent Remedy against these slippery and windy Things, because it twinges the Stomach, and excites a Motion in the Victuals, and corrects the slimyness of this Diet, and abates the Acidity of the Humours, and melts down all that tough slime which hinders Digestion, and causes it to pass off from the Stomach.

TEA is noted for helping forward Digestion, as all other Bitters do; that is, where our Stomach is apt to make a paste of our Victuals, and we swell after Meals, and where there are Crudities, which occasion several Disorders in the whole Body, depending on viscid Humours; then after Dinner it is proper to give some Dishes of Tea, and to continue its use for some Time.

It is from the weakness of the Stomach, and Slime besmearing it, that Wind arises, and both are helped by Bitters and Astringents; only if the Slime be in any Quantity, as will be known by a Load at  
H 3 the



the Stomach, a gentle Vomit ought to preceed the use of these Bitters, or two or three gentle Cathartics.

WHENEVER the Croats of the Stomach are relaxed, and its Walls weaken'd, and Digestion much impair'd by constant tipling of Malt Liquors, or by the too frequent use of oleaginous Diet or Drugs, it becomes us to string up the Stomach again to its proper Tone by some bitter and astringent Wine, wherefore Roman Wormwood infus'd in Red Wine, will soon repair this Damage.

*Flatulencies, and flatulent Blood.*

As I do not doubt but many Diseases have their rise from flatulencies inclosed in our Vessels, and mixed with the Blood, and some Pains, especially distending ones, depend often on them, (which may be known from others by two Symptoms, viz. 1. By their shifting Places. 2. By their coming or increasing when the Patient grows warm in Bed.)

So also do I think, that then Bleeding is convenient and useful, to wit, when the Blood abounds so much with Flatulencies, as that it is in some Measure impeded and stopp'd in its Motion, or resembles a kind of Plentitude, and distends the Vessels beyond the Patient's Strength; or when the Flatulencies sticking somewhere, and dilating the Membranes, breed intolerable Pains.

THESE Flatus's happen in Blood circulated and agitated with too great Force against the Walls of the Vessels; and *Helvitius* has well observed, that Blood thus circumstanced is very unfit for circular Motion;

Motion ; and it is to be observed, that Bleeding may be of Advantage to the Patients, that Flatulencies ought to be either in the Blood, or at least in the Interstices between the Arteries and Veins ; for if they infest any Part which they cannot repass to the Blood, Bleeding can be of no Service.

AND what occurs to be said on this Point is, namely, as Flatulencies are either mixed with the whole Blood, or only inclosed, and stick in some one Part or other, some Vein is to be opened in any Part, without Distinction, inasmuch as we may expect more or less Advantage, according to the Part affected.

FLATULENCIES being included in our Vessels, and abounding there, are the causes of many Diseases, such as Palpitation of the Heart, Faintings, Convulsions, Epilepsies, Giddinesses, Megrims, and of other Diseases arising from thence, therefore some Parcel of them is to be emptied by breathing a Vein, in order to expel them from the Blood.

IF your Victuals in your Stomach be too grossly prepared, and is too doughy, by consisting of phlegmatic Nourishment, Ginger or Pepper must be added to such Diet, in order to its being converted into a Mass thin enough, to enter into the small Mouths of the Lacteals, and the Blood there to circulate in a proper Manner, without sticking to the Ends of the smallest Vessels, and becoming Obstructive.

FOR this Reason Pepper is conveniently mixt with Pease-Soup, with Fish, with Oysters, with Eggs, with Milk, with any Diet of a glewy Nature, because

cause it gets into the Substance of the Viscid, and divides it into a thin Mass, and hinders them from turning thick.

BUT you must have a care that you take it in a just Quantity only, for if you do exceed, as you may guess by Thirst ensuing, you may inflame your Stomach, and even corrode it; and when that happens, it is high Time to forbear its use, or we hurry on a Number of ill Accidents, as Pains, Vomitings, Purgings, Fevers, Inflammations, Thirst, and the like.

BUT if it be judiciously used, it takes away cholic Pains, raises the tough slime of our Stomach, that gives these Pains, and causes the Wind to escape readily; where there is perceived a sourness in the Stomach, as may be known by four Belchings, there Pepper and Ginger may be used with Discretion to good Purpose — See *Indigestion, and Wind in the Stomach.*

#### *Cardialgia, or Heart-Burn.*

A Heart-Burn depends on some acid or acrid Salts, that stimulate and prick the Orifice of the Stomach in a troublesome Manner; for as the Stomach is not always full, the Stimulation must either depend upon these Salts turned into Steams, ascending from the Bottom of the Stomach to the upper Orifice, or from these said Salts, which is most probable, twitching the Bottom of the Stomach, and propagating the violent Contractions begun at the lower Part, quite up to the upper Orifice, which is beset with a great Number of Nerves, which, once they are put into an irregular Motion, continue their convulsive Contractions



tions for a long Time: This Pain is often joined with Contortions and Anxieties, according to the Degree of the Contractions of the Nerves.

COFFEE boiled in Milk, and taken, is exceeding good against Pains in the Stomach, proceeding either from an Acidity or Acrimony, and to prevent their Returns; for it corrects the sharp Juices, and smooths the Acrimony of the Humours, and calms all Comotions in the Stomach.

THE Method of preventing the Coffee from turning into Grumes with Milk, is by taking a little Milk and gently boiling it, and then mixing a good deal of Coffee with it, mix them well together, and then it mixes with the rest of the Milk with ease. All absorbents and testaceous Medicines are proper in this Disease.

### *Loathing and Vomiting.*

LOATHING in Fevers, is produced from acrimonious Humours secreted into the Stomach, which twinge its Membrane, and cause an Influx of Spirits into the abdominal Muscles and Stomach, and occasion a Convulsion or Vomiting, a Loathing, or an actual throwing up all contained.

It often happens, that People reach to Vomit, but get nothing up at all, because there is little or nothing in the Stomach, only a quantity of acrimonious caustic Juice, that continually frets the Stomach; so that Vomiting and Loathing differ not much from each other, only Vomiting proceeds from a stronger Cause; for Loathing always preceeds Vomiting.

AND

AND Bile is very often a cause of this Vomiting, as the Discharges of it make appear; for if the Bile be more volatile and oily then usual, it is liable to produce these Symptoms; it naturally contains a good deal of alkaline Salts, which keep its Oils fluid, and if we pour any acid Spirit to it, there arises a Coagulation, and also an Effervescence; when it therefore abounds, and the Blood is too Volatile, we cannot much wonder how Vomitings ensue.

BILIOUS Constitutions are altered by Acids and Emetics, which have oily-acid Parts. Coffee ordinarily curbs any Inclination to Vomit, which proceeds from Crudities turning Sour, or an acid Acrimony in the Stomach, because it sweetens them by its volatile Salts, and sheaths them by its Oil. All Opiates are proper, as *Laud. Liquid. Ther. Venet. &c.*

A brown Bread Toast steep'd in Vinegar, and apply'd warm to the Stomach, renewing it as it waxeth Cold, will often stop Vomiting. *Fuller's* antiemetic Draught, his cretaceous Electuary, stomachic Electuary, stomachic Julep, corallite Mixture, and stomachic Mixture, are all good Remedies in this Disorder.

### H I C K U P S .

THE Hickup is a convulsive Motion of the Œsophagus, Stomach, Diaphragm, or other Parts of the Thorax. 'Tis caused by whatever is apt to irritate the Fibres of these Parts, as sometimes by Eating, at others, by eating Things which is too dry, as Bread or Bisket; at others again, by the want of proper Nourishment, or the attack of a malignant Fever,

Fever, and so may either be Original or Symptomatical.

ORIGINAL Hickups are common, but not dangerous; but the Symptomatic, as those that happen in Dysenteries, &c. are bad; so also are those in Asthma's and Fits of Vomiting. The original return by Fits, but the Symptomatical are almost continual. These from fulness are less dangerous than these from the contrary Cause.

A Fit of this is usually put away by drinking a draught of some small Liquor. A Hickup from emptiness, is sometimes cured by eating and drinking; but if it be from fulness, and continue long, give a gentle Emetic of Carduus Tea; but if this fail of Success, give four Drops of *Ol. Anisi* or *N. M.* thrice a Day in Diascordium, and more frequently *Spir. Lavend. Spir. Nitri Dale. et Tinct. Castor* in Sugar, drinking after it a little Mint Water.

THE Hickup most commonly happens to old Men after long Evacuations, or by Vomiting. 'Tis very often the forerunner of Death; and two Drams of Diascordium has done the Business, when I could do no good with other Things that are counted Specifics, says our English Hippocrates, *Sydenham*.

SNEEZING coming upon an Hickup puts an end to it. Opium is highly in use in Hickups, to which it is almost a present Relief, because it composes the irregular Hurry of the animal Spirits, and obtunds the too great sensibility of the Parts; and divers have been cured by taking *Laud. Lond.* or *Laud. Liquid.* in Wormwood Water.

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ONE who was divers Times grievously troubled with the Hickup, was cured by applying a brown Bread Toast warm to the Stomach, steeped in Venice Treacle and Brandy. When all other Means fail, crude Mercury will often put a stop to the Hickup.

### *CHOLERA MORBUS.*

A Cholera is one of the most dangerous Enemies of Life that infest the Stomach: The Name of this Disease denotes its Cause; for as cholerick Humours are thrown upwards and downwards in this Disease, in a furious and grievous Manner, so as to endanger the Lives of many in a few Hours, it has therefore merited the Name of Cholera Morbus, because it is a Disease by which Choler or Bile is thrown off.

THIS Disease is divided by Authors into two Kinds, of which the one is called the dry Cholera, in which Wind is thrown upwards and downwards, and this generally attends hysterical Persons; and the other is called the moist Cholera, which is the most dangerous, and therefore I will only speak of this last.

THE Symptoms which do peculiarly belong to this Disease are, a violent Purging and Vomiting, with great Force and Hurry, of bitter and sharp Choler, which is of various Colours, according to the Nature of the Bile that resides in the Stomach; for it is sometimes Yellow, at other times Green, and often Black.

THE immediate Cause of this dangerous Disease, is an Irritation produced from Humours, which causes  
convulsive

convulsive Motions in the Parts affected; these Humours are reputed Acrimonious in general, which being seperated there from the Blood, do stimulate the Membranes of the Guts vehemently into violent Spasms and Contractions.

THESE being premised, I shall shew, how from these Humours brought to the small Guts, all the following Symptoms may be deduced; which does not seem so difficult, because there is a Circulation from above below, as also thro' the Lacteals to the Heart, from thence to all the Parts of the Body.

HENCE those vicious Humours flowing to the small Guts, do raise Conflicts with the Chyle, and do produce Sharpnesses and Flatuffles, which, because they stimulate the Intestines violently, do oblige the same Contents, such as the Bile, which may either be Bitter or Acrid, and in both these States may be stimulating, by their stimulating Force, and the contractile Power encreased, to go upwards and downwards Alternately, as the Irritation is greater or less.

WHICH if they infest the Stomach, or Pit of it, they give a Heart-Burning; if they fix upon the Diaphragm, they produce a Hickup; or if upon the Parts of the Intestines, where the Mesentery is fixed to the Loins, they produce Pains there, and in the Back; they raise a Loathing, if they fix upon the Stomach, and destroy its Ferment, or cause a Thirst, from the Discharge, as well as from the bitter Taste they give to the Saliva.

THERE is a nidorous Crudity, by reason of the specific Degree of Digestion in the Humour excerned;

ed; the great Pains and Gripes in the Belly are an Effect of the stimulating Salts, and the Distension of the Flatus, raised by the Conflict of the Salts; these same Humours do fix upon the Heart, and raise Anxieties and Uneasinesses.

FOR sometimes they irritate the Heart, and change the Pulse, according to their various Degrees of Irritation; that is, they sometimes cause a Quickness in the Pulse, as well as a Weakness, because they stimulate the Heart often; but as there are few Spirits left, it is weak, so that a Fever and a Languor are almost necessary Consequences of such a State of Affairs.

LASTLY, When the Patients are in great Danger, they are troubled with Faintings and with cold Sweats; because from such extraordinary Discharges the Spirits are evaporated, their Generation is impeded, and consequently their Distribution into the Parts, so that Faintings must ensue, which are evident Tokens of the want of them.

THE internal Causes being explained, as well as the Origin of the Symptoms, we must also clear up the external Causes; amongst which the Air occurs to me, as being one of the most immediately necessary for Life, and such as we cannot live a Moment of Time without, which, if it be very Sultry, it creates Cholera, and consequently endangers this Disease's Generation.

NEXT our Nourishment that offends as well in Quality as Quantity, and especially these, which, by too excessive Acrimony breed acrimonious Humours,  
or,



or, by their easy Corruption and Solution, do produce Effervescences or Tumults in the Intestines, such are Cucumbers, Melons, Pears, Peaches, and such like Fruit.

To which we may add the other Non-Naturals, because they often do breed acrimonious Humours, such are Watchings, Motion to Excess, our Secretions retained, by which the Blood becomes Sharp and Irritating; and lastly, the Passions of the Mind contribute their Share, for Anger is known to move the Blood too furiously on, and dissolves its Texture into an acrimonious and stimulating Body.

If this acute Disease has been produced by Cucumbers, Pears, &c. there is less Danger: For the Depravation of the Blood is much a greater Cause, than a Meal of bad Food, which can readily be taken off by suffering the Vomiting and Flux to go forward for a while; however, in either Case, where the Pulse grows weak, the Heart palpitates, Faintings ensue, and cold and clammy Sweats invade, Death is at hand.

I have laid before you the evident Causes of this Disease, you must then forbear all such as are known to be prejudicial, and substitute their Contraries; that is, you must avoid all Things that are apt to generate Choler and sharp Humours.

WHEN this dangerous Disease happens, give large Draughts of the Decoction of Mallows made with Milk, or Milk and Water, or give Whey, or Chicken Broth; when you have diluted and washed well, which requires the Space of two Hours, then give  
composing

composing Draughts with Opium to compleat the Cure.—*See Vomiting.*

*Cholic, and Pain in the Stomach.*

THE Cholic is a Distemper that affects all Ages and Sexes; 'tis so frequent, that there is scarce any Person living who has not felt it. A Person seized with the Cholic, is afflicted with a violent Pain in his Belly, which is sometimes extended to its whole Circumference; sometimes fixed to a Point, and bores like an Augre; at other times it removes from Place to Place.

THE most frequent Seat of the Cholic is the Guts, which may be occasioned therein by many different Causes; as by the Retention and Hardness of the Excrements; by Winds, which swell and distend the Guts, caused by Crudities and Indigestion; by sharp, sour, or corrosive Humours, the Humours of the Gout translated from other Parts upon them.

THE Cholic is often occasioned in the Guts by Obstructions, Inflammations, and Tumors of the Glands, situated in the Guts; by the overflowing of the Gall, which irritates, corrodes and inflames the Guts; this last I take, next to Indigestions and Winds, to be the most frequent Cause of the Cholic. To this Cause may arise the Inflammation of the Guts, too frequent in Cholics.

By any sort of corrosive Poison taken inwardly; from the Compression of the Guts in a Rupture; by Worms, which gnaw, and sometimes eat holes quite thro' the Guts. Lastly, from tartareous Concretions,  
and

and Stones in the Guts, of which we read many Instances in Authors.

THO' a Pain in the Stomach is by all Authors treated off under a seperate Head from the Cholic, yet as a painful Sensation either in the bottom of the Stomach, or in its lower Orifice, are scarce distinguishable from a Pain in the Duodenum; and as most of the same Causes which occasion Pains in the Guts, may and do often occasion the like in the Stomach, and frequently in both at the same Time; so this Pain from its similitude to the other, is called the Cholic in the Stomach, and is cured by the same Remedies.

THEREFORE I shall comprehend under the general Name of Cholic all violent Pains felt in the Stomach, which are not manifestly referable to other Distempers, except the Pain call'd Cardialgia or Heart burn, which is felt mostly in the superior Orifice of the Stomach, is seated and refered rather to the Breast, then to the lower Belly.

Now a violent Pain, or the Cholic, may be occasion'd in the Stomach, by Winds, Cruditities or Indigestion, by sharp, sour, or corrosive Humours, either in the Aliments, or discharg'd from the Blood; by Inflammations, Impostumes, Ulcers or Cancers; by the Effusion of the Gall into its Cavity; by casual Accidents, as Wounds, extravasated Blood, and corrosive Foisons; the swallowing of Substances not digestible: Lastly, by Worms gnawing the Stomach.

THE chief Symptoms of the Cholic, is a violent Pain in the Lower-Belly, which may proceed from any



any one of the several Causes already mentioned, occasioning a sudden and violent Reflux or Undulation of the Spirits, from the Part affected up to the Brain.

WHEN the Pain spreads itself all over the Belly, 'tis occasion'd for the most part by Winds, which swell and stretch the whole Extent of the Guts caused by Cruities : It may also be occasioned by the Irritations of corrosive Humours discharged from the Blood; by the Humours of the Gout, Rheumatism or Scurvy, translated from other Parts upon the Guts, or by the overflowing of the Gall into them.

A fixt Pain of the Cholic will then happen, when any one of the several Causes abovemention'd, constantly affects one particular Bowel, or some one distinct Part of the Guts, whereby violent Undulations of the Spirits are continually made from that Part only up to the Brain.

A moving Pain of the Cholic, which changes its Situation from Place to Place, is occasioned by Winds, Indigestion, or by bilious or morbid Humours contain'd within the Cavities of the Guts, which being stopt for a while by their Valves in one Part, then forced by their vermicular Motion into another, where the like Valvules stop them again; their violent Action upon the Nerves causes the Pain to be felt in that Part to which they remove, and wherein they are stop'd.

Now if the overflowing of the Gall into the Guts, and the Inflammations of them, are even in Wind Cholics, so generally the Causes or Symptoms of this Distemper,

Distemper, that it scarce ever happens without one or both of them; let any one consider how improper, for the generality, hot Medicines must be in the Cholic, and whether their Contraries are not frequently better indicated and rather to be prescribed.

CREAM of Tartar, Rheubard, Sena, Manna, Epsom and Glaubers Salt may be taken freely in the Cholic, because they seldom disturb the Blood; but produce their Effects mostly in the Bowels themselves; so are convenient in Costiveness, in Bellies swelled with hot Winds, that betray themselves by stinking Belches, and if these Winds bring up a fatty stinking Matter, then wash the Stomach with warm Water, or take a little Ipecacuānnā in Powder, which will carry them off.

THE bilious Cholic, just mention'd, generally attacks in Summer; in which case the Patient vomits a green colour'd Porracious, or a white and frothy Fluid, with great Heat and griping Pain, being also Thirsty, Feverish, and generally Costive; the Pain increasing after Eating and Drinking.

IN this Cholic Bleed, especially if the Person be Plethoric, or a Fever be threatned, then give a gentle Emetic, or large draughts of warm Water, Whey, or a Decoction of Mallows, and afterwards a Paregoric, next let a purgative Glyster be injected; and at length may be used proper Anti-emetics, with *Sal Absinth. &c. R. Aq. Cinam. Ten. Aq. Menthæ a. a. Uncias tres Succī Limoni Sesquunciam, Syr. de Meconio Unciam Unam, Spir. Menth. Drachmas duos, Sal Absinthii Drachmam Unam M. Sumat. Cochlear. iii post singulas*

*ſingulas Vomitiones, Urgente vero Dolore adde Laud.  
Liquid gut. LX.*

If you go more ſparingly to Stool then uſual, then will you be troubled with Cholicks, and to avoid this, you may take any of the Laxatives juſt now mentioned, or one Ounce or two of the *Tinctura Sacra*, which is a gentle Phyſick, an agreeable Bitter, and never Gripes. Opium is good in the Cholic, joined with Phyſick, becauſe it appeaſes Pain, and then carries off the Cauſes of the Diſorder.

COFFEE corrects the ſlimyneſs of windy Diet, and abates the acidity of the Humours; 'tis proper againſt Crudities and Indigeſtion, melts down glaſſy Phlegm in the Stomach, which often cauſes the Cholic, and diſſolves gradually all ſuch viſcous Humours as obſtruct the ſmall Veſſels of the Liver, the Spleen, and the Pancreas or Sweet-breed. *R. Mannæ Uncias duos Cremor. Tartar. Sperm. Ceti ana, Drachmas duos M.* 'Tis a good Medicine in the Cholic. Give it in Chicken Broth or Whey.

### *Iliack Paſſion.*

IN this Diſeaſe, two Symptoms indicate evidently, Pain and Coſtiveneneſs; if we ſhould attempt to relieve the Aſtriction by Cathartics or Glyſters, or by any other Means, we ſhould never retain them; and moreover, the increaſe of Pain by this Means, would raiſe the very Symptoms we complain of, ſo that we are neceſſitated to relieve the Pain firſt, after which the other may be attempted with Eaſe; but if the Iliack Paſſion ſhould be a ſmall advance of the Cholic only, then we may blend Purgatives with Opiates,  
by



by which the Matter that irritates may be carried off, and the Sense of the Part lulled at one and the same Time.

### C O S T I V E N E S S .

SOME People who are subject to be Costive, yet live upon Meat roasted or boiled to Rags, which cannot fail of making them more so. What can be expected from hence but Cholicks, hypochondriac Disorders, Vapours and Melancholy? And yet they live on after the same Manner, without having any to advise them to the contrary.

IF they consult Reason for their Guide, where they are of a thin and dry Constitution, and naturally Costive, they ought to oppose this Indisposition by a relaxing Diet; for Diet must be opposed to our sickly Constitutions, therefore a loosening Diet must be made use of by the Costive, and a binding one to such as are apt upon all occasions to be loose.

COSTIVENESS will sometimes occasion a Pain in the Head, and an inclination to Vomit; and sometimes Indigestion, the Cholic, the Iliac Passion, and Worms in Children, are its Consequences. The Diet here should be Apperitive, as Gruels with Currants, Butter and Sugar, fat Broths, &c.

IF you go not so often to Stool as you ought, then will you be troubled with Cholicks, Vapours, &c. and to avoid these, as also to assist Nature in her Duty, you may take a little Cream of Tartar, or six Drams of lenitive Electuary, twice or thrice a Week,  
or

or twelve Drams of Tincture of Hiera Picra, which is an easy and gentle Physick.

BUT use no strong Cathartics for fear of raising Disturbances. Opium is not to be used in Obstructions of the Belly, or in Costiveness, nor in Suppressions of Urine, because it blunts all Irritations whatever.

### D I A R R H E A.

FLUXES, as well as those Loosenesses that attend Fevers, do argue an Acrimony of the Humours, that stimulates the Guts in such forcible Contractions, which as it is two fold, does not always depend on one sort of Acrimony.

IT is most frequently occasioned by the Acrimony of the Bile, as appears by the Colour of what is thrown down; and as their Stools are commonly tinged with a high colour'd Bile, we then guess at the Nature of the Acrimony to be Alkalious; but on the contrary, if the Stools be black or green, we guess an Acidity to reign in the Humours.

IF your Constitution is such as to be too loose in the Belly, you ought to avoid variety of Meats and Drinks, and you should eat seldom, and drink Claret and Water instead of small Beer; for all Malt Liquors must be shunn'd in such a Condition.

YOUR Victuals should be as little varied as possible; eat but one sort, and that roasted hard. If you keep to a simple Diet, and to one Dish hard done, and drink Claret, or Claret or Water, you will find an agreeable

agreeable change, as a recompense of your self denial.

AND those subject to a Slipperiness in the Guts, or that have got a Diarrhea, should eat or drink Victuals and Drink, that will stick to the Walls of their Bowels; that is, they should feed upon Rice-Meats without Butter, upon Calves, Sheep, and Cow Feet, and Jellies. Avoid Flummery, Butter, Cream and Veal; drink Claret, but avoid Sack.

COFFEE is useful against Fluxes of the Belly, occasioned by Fruits and other slippery Diet; for by taking a few Dishes a Day, it corrects the Crudities which are the original Cause of these Fluxes. Opium stops all Secretions, for it appeases Irritations, and for this Reason does it stop Fluxes of the Belly, bloody Fluxes, and excessive Purgings.

A Diarrhea is a too frequent and liquid Ejection of the Contents of the Intestines, caused by the Acrimony of the Bile, or whatever may serve to irritate them, and is most frequent in moist and changeable Weather.

'Tis often succeeded by a Dysentery and Dropsy, especially if it be suddenly stopped, from whence usually proceed a Nausea, Sickness, inflammation of the Intestines, a Fever, the Head-Ach, and a return of the Diarrhea.

LET the Patient drink *Decoct. Alb.* and eat Barley-Broth, Rice-Milk or Gruel. If a Dysentery ensues, dissolve Gum Arabic in all that the Patient Drinks: If a Diarrhea be habitual to a weak Constitution, give Jellies, Rice Gruel, Sago, and burnt Claret.

To



To cure a Diarrhea, give an Emetic of Ipecacuanha, or Carduus Tea, unless some great Weakness, or a disposition to Hemorrhages forbid, and after the Operation a Paregoric, especially if it be attended with a Fever, then proceed to Astringents. *R. Aq. Cinnam. Ten. Aq. Mentb. a. a. Unciam unam, Diascord. Spir. Lav. C. a. a. Drachmas quatuor, Terræ Japon. Drach. Unam, M. Capiat Cochlear. iii post singulas dejectiones liquidas, Phiala prius Agitata.* This will do when a Fever attends.

In case this proves ineffectual, make use of *Laud. Liquid.* in the quantity of twenty Drops, over Night, or as occasion requires, in a little *Decoctum Album*, which Decoction ought to be the Patients common Drink.

If the Distemper still continues, prescribe as follows, *R. Pulv. Rhei gr. 24 Confect Fracastor. sine Melle q. l. M. f. Bolus, omni Nocte bora, Somni Sumendus.* This carries off Choler, or irritating Humours, and effectually cures a Diarrhea.

*R. Terræ Japon. Unciam i. Bol. Armen. Cretæ Alb. a. a. Drach. ii. coque in Aq. Font. q. s. Colatura Libram i. Adde Aq. Cinn. Fort. Syr. de Mecon. a. a. Uncias ii. Confect. Fracastor. S. M. Drackmat iv. Misce. Cujus Capiat Uncias iv. ter in die.*

A last thing to be prescribed in an obstinate Diarrhea, is a course of Vomits of Ipecacuanha. When the Diarrhea is critical, it must not be stopped, unless exorbitant, and then proceed as above.

WHEN it proceeds from an obstructed Perspiration,  
gentle

gentle Sweating and Volatiles may effect the Cure: When from a thickness of the Juices, give the *Infus. Cort. Peruv. cum Chalyb.* When from an Hypercatharsis, proceed as above.

WHEN there is a Fever, let Rhubarb be mixed with the Astringents; if the Case continues, and Strength will allow, Bleed: When the Pulse is languid, and Spirits low, add *Castor. Croc. Coccinel. Sal. Succin.* &c. to the Astringents.

IF it tends to a Dysentery, Bleed, Sweat, give Diuretics, and Balsamic Glysters. If a Dropsy comes on, give *Cort. Peruv.* and Chalybeats, together with proper Stomachics and Diuretics.

IF it be checked too soon, so that Sickness, plenitude at the Stomach, inflammations of the Viscera, or a Dropsy succeed, let it be again encouraged by a gentle Purging Portion.

IN young Children, when this Distemper arises from the curdling of Milk in the *Primæ Viæ*, the testaceous Powders are generally successful.—See my *Treatise of Children's Diseases*.

WHEN the Excrements are greasy, frothy, and a loss of Appetite attend, and the case is degenerated into a Lientery; *Succ. Limon. Acet. Vin. Alb. Spir. Vitriol.* &c. are to be added to the Diet and Medicines above prescribed.

### L I E N T E R Y.

A Lienteria, is when the Aliment is discharged quite

quite crude, and is no more then a want of Digestion joined with a Diarrhea, and therefore has the same Causes with those. Let the Regimen be the same with that observed in the Diarrhea and Indigestion.

VOMIT with Ipecacuanha, if the Symptoms indicate, then Purge with Rhubarb: If the case be Strumous, or the Juices very viscid, recourse must be had to Mercurials. 'Tis deem'd incurable, when from a strumous Disorder in the Lacteals.

*R. Pulv. Rhabard. gr. XXV. Tar. Vitriol. gr. X. Sal. Succin. gr. VI. Ol. N. M. gut. i. Syr. de Spin. Cervin. q. s. f. Bolus. Detur Mane cum Regimine Repetatur quarta quaque die ad quatuor Vices.*

IF Nutriment be wanting to the Body, or to attenuate the Vicidity of the Chyle in the Lacteals, and deterge them, *R. Pulv. Rhei Rad Contrayerv. a. a. gr. X. Tart. Vitriol, Sal. Succin. a. a. gr. vi. Syr. Aurantior q. s. cf. Bolus, Mane et Vesperis Sumendus, cum Cochl. iv. Infus. Amar.*

THE original Cause of this Distemper is an Obstruction of the Lacteals, for the Chyle not being fitted to enter the Mouths of these Vessels, it stagnates in the Intestines, and contracting a Putredo, there irritates the Intestines, and brings on frequent Evacuations of this indigested Chyle: Now the Obstruction being prior to the Irritation, and its consequent the Evacuation, ought to be obviated by Aperients.

*Dysentery.*



## D Y S E N T E R Y.

IN bloody Fluxes, and other Fluxes of the Belly, hasty Puddings made up of fine Flower of Wheat are useful, because as a Glew, it retards the Descent of our Victuals; it plaisters up the Mouths of the Glands, and hinders us from having so frequent Occasions; besides, it tempers the sharp and fretting Juices of the Guts, and so strikes at the Root of the Disorder.

It is also from the same Manner of acting, that its Flower is made use of inwardly to cure all Fluxes of Blood from any Part, for let it arise from what Cause soever, there is a necessity to close the gaping of the Orifice, and it may be supposed to act upon an open Vessel, as Glew.

RICE is more viscous than Wheat, and is therefore more binding than it; 'tis used for Diet in Purgings, and, I think, if the white Decoction were made with it, it would answer the Physicians Ends much better in stopping of Fluxes, because, as the burnt Hartshorn is absorbing, this being asswaging, the Humours would be both sucked up, and sheathed, at one and the same Time.

IF you make Coffee with Milk, it will remedy bloody Fluxes, which the Milk alone cannot effect, because the Coffee hinders a curdling of the Milk. Tea boiled in Milk is convenient in bloody Fluxes, and others, because where there is occasion to temper and sweeten Humours, to fortify and close up the Orifices, and to carry off the serous Parts elsewhere, this will be useful.

A Dyfentery is a Diarrhea Cruenta, attended with Gripping or great Pain in the Intestines. This may proceed from an increase of the same Causes which bring on a Diarrhea.

BILE, Phlegm, Pus, and sometimes Caruncles and Skins, are here voided in the Stools, proceeding from an Excoriation or Exulceration of the Intestines.

WHEN it is of long continuance, and attended with a Nausea, loss of Flesh and Strength, the voiding of Caruncles, and joined with a Fever, 'tis dangerous.

IF unseasonable stopped, it often occasions the Apoplexy, Pleurisy, a Spitting of Blood, or a Dropsy; the danger increases as it grows more immoderate, and the Excrements more corrupt or bloody.

LET the Regimen be the same here as in a Diarrhea; or rather let all the Liquors be render'd more Balsamic, as by adding to the *Decoctum Album*, &c. Gum Arabic, &c.

BLEED, especially if the Dyfentery proceed from a Plethora, or the stoppage of any Evacuation, next give an Emetic of Ipecacuanha, and after that a Lenient Purge of Rhubarb.

THE Symptoms in a Dyfentery are usually the same with those in a Diarrhea, and the Medicines there prescribed will serve here also, the Balsamics being only increased.

IF the Case be inveterate, or if what is voided prove Viscous or Mucus, Glysters are of good Service.  
Warm

Warm Whey for this Purpose, frequently injected; is useful, or *R. Aq. Hord. Uncias sex Theriac. Androm. Confect. Fracast. S. M. a. a. Drackmas duos Vitellum Unius Ovi Balsam. Capiu. Drach. vi. M. f. Enema, bis terve in die Injiciendum.*

DURING the Course of the Glysters; *R. Pulv. Rbnbard. Gum Arabic. Sperm. Ceti a. a. Scrâp. i. Ol. N. M. gut. i. cum Syr. de Mecon. q. s. f. Bolus, omni Nocte et Mane Sumendus, Superbib. Haust. Decoct. Alb. Or R. Conseru. Rosar. Rub. Unciam i. Mitbrid. Drach. vi. Gum Arabic. Sperm. Ceti a. a. Drach. iii. Cinnam. Rad. Tormentil. a. a. Drach. ii. Syr. de Mecon. q. s. f. Electuar. Sumat. quant. Nuc. Castan ter in die, Superbibendo Decoct. Alb. vel Malv. Coch. vi.*

OPIATES should here be used discretionally; the best in this case are *Pil. Math. et de Styrac*; these are also the last Refuge in case of Extremity.

If a Dysentery proceed from an Hypercatharsis, or too much Mercury, give Opiates by the Mouth, and inject Glysters at the same time of Whey, Mutton or Veal Broth, or use the Glyster abovementioned.

If the Cause were a stoppage of Perspiration, or the Menses, encourage those Evacuations immediately: But if the Distemper was brought on by high Living, or too free an use of spirituous Liquors, Bleed, give an Emetic, lenient Purgatives, and inject Whey Glysters.

### W O R M S.

THERE are Worms ingender'd in the Bodies of  
all



all Animals, but more especially in Mens. They are to be found in the Stomach, Entrails, Veins, Eye-lids, Ears, near the Root of the Nose in the frontal Sinus, in the Brain, and even in the Heart it self.

PROBABLY the Respiration, Nourishment, Chyle and Blood, carry into divers Parts of the Body, Eggs of Insects, which finding a certain degree of Heat are hatched, and grow more or less according to the natural Disposition of every Species of Eggs, and the quality of nutritive Juices, which by reason of their Arrangement and constant Heat, may produce extraordinary Evolutions and Accretions, such as would not happen without the Body.

THERE are observed in us three kinds of Worms, the Round and Long, the Small, and the Broad: The round long Worms are commonly found in the small Guts, and they are generally of a white Colour, as is the Chyle on which they Feed. The small ones are like unto the Mites in Cheese and Meat; these generally lodge in the larger Guts, and more especially in the last, near the Fundament, and are often found there in great Clusters.

THE broad ones lodge in the middle Parts of the Guts; they are not so much found in us as the others, and are seldom found in Children; they have large Mouths, are apt to eat thro' the Bowels, and are dangerous. There is another sort also, which is of great Length, but they appear to be only a Chain of Worms tacked together, as Dr. *Le Clerc* and Dr. *Tyson* have informed us.

ALL sorts of Fruits and Milk-Meats given to Children

Men should be boiled, for Worms are so tender, that the least excess of Heat destroys them, and boiling Milk kills all Worms in it; the same holds good in Sugars, which should be boiled in the Victuals.

THE Juice of Oranges and Lemons, four Wines, Wormwood Wine, and all Bitters are good against Worms. Give them now and then a little Rhubarb, because this will carry off all the little Eggs that may have been lodged within them, from the Food they have lived upon.

WE must endeavour to make the Blood circulate freely, because the Blood never moves briskly, but it breaks the Worms asunder, and causes Heat in the Body, which also kills them.

COFFEE is good to hinder Worms from Breeding, because it takes off their nest of Indigestion, and because it is too bitter for these Animals to bear, for they take nothing but what is sweet and smooth.

IF Children are thin and hectic, sickly, and troubled with Worms, boil their Milk with Tea Leaves in it, and sweeten it gently; this will fatten them, and open Obstructions, and help to destroy the Worms.

DR. Baglivi speaks of an epidemical Disease cured by virtue of Wine given to the Sick; the Worms died whenever they were plunged into Wine.

WHAT serves to maintain the Structure of the Organs on some Animals, destroys it in others. *Calomel, Æthiops Mineralis, Elixir Proprietatis, Pilule Ruffe*  
Ol.

*Ol. Amygd. D. et Oliv.* are all proper Medicines to kill Worms.

### J A U N D I C E.

THE Jaundice is an Obstruction of the Bile in the Gall Bladder, or its Duct that runs back and is diffused. The Flux of the Gall to the Guts is variously hindered, to wit, by the six Non-Naturals.

IF the Air be too hot it makes our Blood too inflammatory and obstructive, by calling off too much of the perspirable Matter thro' the Pores.

WHEN fat, sweet, and spicy Victuals, when Garlic, Onions, and the like, are made too common, or when generotis Wines are too much insisted upon, a Jaundice does often ensue.

EXERCISE after a plentiful Meal, is apt to introduce Jaundices, because the Victuals are hurried into the Blood before an entire Digestion, and any gross Blood is apt to stick in the small Vessels of the Liver, and cause Obstructions there.

ALL natural Discharges suppress'd, hazard a Jaundice; for a fulness of Blood occasions a greater Motion of the Fluids, and also a gentle Feverishness, and all Fevers exhale the thinner Parts, and leave the grosser behind, which are apt to produce Obstructions.

THOSE Passions that raise an excessive swiftness in the Fluids, do in like manner carry off the thin Parts, and cause Obstructions; wherefore Anger may bring on a Jaundice.

Let



LET therefore Persons subject to a Jaundice, avoid a hot or scorching Air ; let their Diet be moistening and cooling, but yet such as gives us no Room to apprehend Obstructions ; wherefore boil Endive, Fennel, and Parsley in the Patient's Broth, for they are gently Opening.

THEY must use moderate Exercise, at a good Distance from their Meals : Sleep, moderately indulg'd, is convenient, for too long Sleeps render our Juices sluggish : The Belly must be kept open ; and they should avoid Cares and Troubles, which have often caused Jaundices.

FOR the Jaundice which is an Obstruction of the Bile that runs back and is diffused, the Roots of Celandine, Maddar, Turmeric, Rhubarb, the Herb Centaury Celædine, Salt of Steel, Tartar of Vitriol, Spirit of Sal Armoniac, Tincture of Mars, Tincture of Salt of Tartar, and Elixir Proprietatis, are all excellent Remedies.

IN all Obstructions of the Liver there is a yellowness on the Skin and Water ; but in the warm Obstructions of it, besides the Yellowness, there is an excessive Heat in the Palms of the Hands, and Soles of the Feet, besides a craving Thirst ; and in this Constitution Endive is a proper Salading.

IF the Stomach be overheated by an Excess of spirituous Liquor, or a hot Blood, it raises Thirst of Course, and Endive is good in this Case. For the Jaundice and Obstruction of the Menfes, *R. Dec Rub. Tinct. Uncias Viginti, Syr. Bacc. Sambuc Uncias quatuor, Tinct. Salis Tartari Unciam Unam, Sal. Mart.*

*Mart. Scrupulos quatuor, M. Dos. Coch. Sex bis in die.*

*A Jaundice, and various Fluxes.*

I remember a Case mentioned by Sir David Hamilton, of a Woman who labour'd under a Vomiting, a Diarrhea, and a continual Flux of the Menfes, along with a Jaundice; he justly Remarks, that the Astringents useful for the Fluxes, were prejudicial to the Jaundice, and therefore co-prescribed Aperients and Astringents (to wit. an Aperient Apozem and Powder, and Spaw Water, which Astringes) with Success.

*A Jaundice, a Humid Cough, and a Rheumatic Fever.*

If a Person labour under an Icterus, a Cough with tough Phlegm, and a Rheumatic Fever, the Rarefaction and Commotion in the Humours, as also the Pains, require Bleedings, Diluters and Opiates; but the Jaundice and Cough require inciding Pectorals and Aperients; and the Spirits require to be recruited by Cordials, which are contrary Indications; and great Caution is to be used here, least the cooling and opiate Medicines should fix the Cough, and encrease the Obstruction in the Vesicula Fellis, or its Ductus; and least the Aperients should irritate the Pains, and augment the Fever, neither of which will happen, and the Patient will Récover, if we be artful in our Procedure, and make use of proper Remedies at proper Seasons.

*The manner of Proceeding in complicated Cases.*

WHEREVER there is a Complication of Distempers,

pers, we are obliged to co-order the Contraries, in such a Proportion as that the greater must be most regarded, for the Quantity of Remedy must always correspond to the Magnitude of the Causes: But if one among them be far Superior in Urgency, then the lesser must be neglected for a while, 'till it is nearly equal with what was the most Urgent. Thus, if Causes are to each other as three to three, then must we attack with full Doses for each; if as three to two, then we must proceed with a full Dose for the former, and only two-thirds of a Dose for the latter; but if they are as three to one, then the exceeding Cause (three) must only be regarded, and the latter neglected totally, 'till the greater becomes to the lesser, as one to one, then may the lesser (one) also be attacked equally with the greater.

### D R O P S Y.

THE Causes that introduce Dropsies are, first, the Air, which if cold, cloudy and hazy, that is, mixed with gross Particles, is an Enemy to a Dropsy, inasmuch as it thickens the Lymph of the Blood, and renders it unfit for Motion; in like Manner they who catch cold often in their Bellies and Feet are subject to Dropsies.

THE Reason is, that all such Air, and catching cold in the Feet, checks Perspiration, encreases the watry Part of the Blood, or congeals the Juices, and hinders the Rarefaction, retards therefore the Work of Concoction; and if the Blood be made sharp by such Air, it will both be gross and corrosive, and then when obstructed, it corrodes the Vessels, and makes them spue out their Contents into some Cavity, and



so is produced a true Dropsy, either of the Head, Breast or Belly.

As for the Meat and Drink, if they be gross and viscous, so that they cannot be divided in the Stomach, they will necessarily breed a viscous Chyle; small Liquors taken cold, whilst you are hot, is apt to hurry on a Dropsy, inasmuch as it thickens the Blood and Lymph, and stops the Circulation suddenly; but even so hot as Brandy Spirits are, is a breeder of Dropsies, because it weakens the Stomach, and spoils the Digestion.

So that in all Appearance we are forty times more in danger of a Dropsy from our Diet than the Air, for it is evident, that the Victuals and Liquors which are watry, viscous and cold, and which have few Spirits in them, and such poor People live upon, do produce a gross and thick Blood, that is apt to stick in the Vessels, and to cause an Extravasion of its thinner Parts; so that eating gross Meats, and Abstinence from necessary Fluids, are the Fountains of a Dropsy.

**SLEEP**, if it be immoderate, is a causer of Dropsies, because by it the Humours being more at Rest, stand still, but more especially if they Sleep in the cold and open Air, because from such a Cause the whole Habit of the Body is in danger of being obstructed, and the Blood is rendered gross and thick; and yet if People watch too much, their Blood grows also thick by too much Perspiration; so that Excess is always dangerous.

**EXPERIENCE** shews us, that Dropsies happen frequently

quently from Suppressions of proper and usual Discharges, which arise from one and the same Cause, namely, from Obstructions; and these Hemorrhages lessened or stopped produce a Rupture of the Lymphatics, inasmuch as the Mass of Blood daily encreases by them.

HEMORRHAGES being suppressed ( especially the menstrual Flux ) do not only promote Breaches of the Lymphatics, but an Excess of Bleeding has often the same Effect, because it exhausts the Blood and Spirits, and for want of a due Circulation the Humours grow gross or watry.

MOREOVER, Purgations, if too long continued, will produce the same Disease; many also do suffer from the Passions of Grief and Sorrow, for they naturally bring on a sedentary Life, and both together arrest the proper circular Motion, the Blood runs slowly, and has Leisure to unite and grow Viscid.

LET those who are in danger of a Dropsy, chuse a serene and warm Air to pass their Lives in; let them avoid all hard, stringy, gross, viscous Diet, and Meats that are harden'd and shrivell'd with Salt; and let them live upon Meats that afford a thin, and yet nourishing Juice.

LET their Victuals be dress'd with Spices and Aromatics, with Roots, Herbs, and Seeds of the warmer and attenuating Kind, in a moderate Manner; let their Victuals be of young and tender Meats, of Fowls; their Beer should be hopp'd, or should have Steel infus'd in it, or be impregnated with bitter  
warm

warm Drugs, as Gentian, Centaury, Wormwood, and Mustard-Seed.

LET them go soon to Bed, and rise early; let them Exercise moderately; their Discharges of Stool, Sweat and Urine should rather exceed; and let them be chearful and easy, if they have a Mind to avoid a Dropsy.

THEY who are actually seiz'd with a Dropsy, should avoid Drinkables of any kind, as much as possible, and what they do drink, it should be taken warm; and in order to deceive their Thirst, they should hold a little Sal Prunella in their Mouths continually. All strong Carthartics, Diuretics, warm Scorbutics, and Chalybeats, are proper in this Disorder.

### *MENSES Obstructed.*

A Suppression of the menstrual Flux has many Causes to produce it; nothing is more common then for the poorer sort of Women to have these Suppressions from walking barefooted upon the cold Pavements; for cold Contracts, that is, ties up the Mouths of the uterine Vessels, and stops this Flux.

FASTING, or a spare Diet, prevents a due Quantity of Humours to be heap'd up in the Vessels, as we see happens in a chylous Flux from the Belly, where the thinner Part of the Chyle is carried downwards, and none, or very little, is carried thro' the Lacteals to the Heart, so that the usual Quantity is deficient, nor are the Vessels filled enough for producing such a Flux.



It also often happens, that a profuse Flux of Blood has preceded, and the Blood is more slowly bred; and from this Cause a stoppage of this Flux happens, and they continue stopp'd for some Months; and if a Flux of Water draws off the necessary Quantity of the Serum from the Blood, as happens in Dropsies of the Belly, they will also be suppressed.

CHALK, Lime, Coals, and such Things eat in a plentiful Manner, as is the Custom in depraved Appetites, give a handle for this Suppression; and if you are inclined to know the State of the Blood after such Diet, do but draw Blood, and you will find it almost void of Serum, and gross and thick. Lastly, sudden Frights, Melancholy, and such Passions as give us dreadful Apprehensions, do greatly conduce to produce this Evil.

Now as a proper Regimen is absolutely requisite for preventing, as well as curing Diseases, I shall here subjoin what is worth Observation; they ought therefore, who would secure to themselves a regular Continuance of this useful Flux, to take care that the Air they live in be warm, either by Nature or by Art, for cold, you see, causes the Disease.

THEY ought to feed upon Meats easy of Digestion, and if the Blood be too gross, they should eat Victuals well seasoned with Spices; refrain from Victuals of the Feet of Animals, or of the internal Bowels; as also from Jellies, because these are too Viscous. Let their Liquor be well boil'd, and well fermented, and avoid all thick Liquor, such as Mum.

MODERATE Exercise is very proper for them,  
because

because Motion makes the Blood circulate, and Rest causes it to stand still; if it be immoderate it thickens the Blood, because it exhausts the Serum by the Pores. It is better to exceed in Watching, which keeps our Humours moving, than in Sleep, which helps our Blood to stagnate and grow thick: See carefully that Nature answer all her Debts; once a Day expect a Stool.

EVERY Month be careful of the Quantity of your Monthly Flux; if it be too sparing, drink in the time some Dishes of Pennyroyal Tea, Morning, Noon and Evening; or of Tea made up of any agreeable Aromatic or Fetid, such as Marygolds, Marjoram, Rue, Saffron, or the like. They ought always, at that Season, to avoid any Trouble or Concern, which are too well known to curb that Flux.

It is much more difficult to cure a Stoppage of Women's Months, from a gross and over-heated Blood, than from a gross and cold State of Humours, because the latter melts down with volatile Medicines (such as Mustard-Seed) and Steel; but the first are made worse by such Remedies; We know the latter Case by the Coolness and Paleness of their Bodies; but the first have a great Heat in their Palms and Soles, and are mostly Feverish.

If therefore you have a Coldness or Chiliness all over you, along with such a Stoppage, Mustard is a good Remedy for you; but as soon as it has done you Service, stop there, and be contented to be well, because if you insist too long upon its use, you will dry the Blood too much, for as it passes readily by Urine, it draws off all the thinner Parts, and leaves the grosser behind in the Vessels.

Coffee

COFFEE is good for Girls troubled with Obstructions and Phlegmatic Habits; for by its volatile Salts it corrects all cold Viscidities in the Blood, drains it of its superfluous Moisture, gives gross Humours Motion, and attenuates them so as to be able to pass thro' the outlets of the Kidneys and Pores: So we ought to conclude from thence, that it ought also to be very good to procure the Monthly Flux, as I have said.—See *Lochia suppressed*.

*A Suppression of the Menses, producing a Cystical Tumour on the Stomach, a Vomiting of Blood, and a Palsy.*

A Woman having for a long Time laboured under a Suppression of the Menses, at last had a Cystis bred on the Stomach, which containing Blood, broke, and produced a Vomiting and Purging of Blood, which brought her to the very Jaws of Death; when we had curb'd this Flux, and restor'd her to a degree of Strength, so that she was inclin'd to rise, she was surpriz'd to find a Hemiplegia on the Right Side: Now to offer at any Remedies proper for the Palsy, was to endanger a fresh Flux of Blood, therefore they were forbore for some Time, till we had Reason to believe the Orifice was well clos'd, and then Antiparalytics were given in small Quantities at a Time, by which Means she recover'd a tolerable Degree of Strength, and walk'd stoutly, but with a little Halt.

#### *M E N S E S Immoderate.*

WHERE the Menstrual Flux becomes immoderate, and wastes the Strength of Women, we ought to examine into its Causes, some of which are evident, others more remote. The evident ones are, first, the



the Air that abounds with very hot and acrimonious Parts, capable of rarefying the Blood, and introducing attenuating Parts into it.

OUR Victuals and Drinkables do most eminently share in producing this Distemper: For in acrimonious Diet, and vinous Liquors, there is a great deal of Acrimony heaped up in our Vessels, by a plentiful use of them; since we are nourished by what we take, the Blood must partake of the Quality of Diet. Violent Exercises, and all Motion are known, by every Day's Experience, to strain, and even break the Vessels, and to produce large Effusions of Blood.

THE Passions of Anger, particularly, do greatly remove the Blood forward, and do rarefy it to a great Pitch; so that the tender Vessels are overcome by Distension and break: Excessive feeding it self, tho' there were no Acrimony added, stretches the Vessels, and cracks them.

THE immediate Cause then of bleeding at the Womb-Vessels is, an Apperture made there by some of the foregoing Causes; and whether this be done by Distension or Breach, is best known by the preceding Causes, and difficulty of Cure.

IF a fullness occasions this Malady, it is easily known from the fullness of the Vessels of the Hand, and elsewhere: If it be occasioned by an Acrimony, the Pulse is quick, great and strong, there is a Heat in the Body more than usual, and a Thirst if there be any Pain in the Passage upon their Secretion.

It is a Disease of a dangerous Consequence, and if

if it attacks old Women, Physick has not any Remedy equal to it, because in them the Vessels become so rigid, that Drugs have little or no Effect upon them; having shrunk, they do not readily unite: But in younger Persons astringent and glutinous Remedies, have a full Power to purse up their Mouths.

THE Diet to be observed by such Persons ought to be Gelatinous and Restraining: Hence Claret, Jellies, Calves and Sheeps Feet, Barley-Gruel, Wheat, Rice, Milk-Meats, Almonds, Succory, Lettice, and the like, are good and convenient Victuals: And every thing that has a Tendency to move the Blood, to dissolve it, and thin it, must be forborn, as Garlick, Onions, Ginger, Pepper, Mustard, Brandies, and the like, which are very prejudicial: And as too much Nourishment fills the Vessels, they ought at the same time to feed sparingly.

THE posture contributes extremely to this Flux; for when Women sit up, the whole Weight of the Blood presses upon the Extremities of the Arteries, and this one Error frustrates all your Endeavours in the Cure; and yet lying in Bed is not always safe, because they are apt to grow hot, and sweat too, neither of which are convenient, because we are to keep the Blood's Motion as sedate as possible.

WHEREFORE an horizontal Posture upon a Couch, without any weighty cover upon one Side, is the best of all; because the Inconveniences mentioned are all guarded against. The *Elect. Hemopt. Julap. Hemopt.* in *Fuller*, and *Lac Aluminis* in *Bates* are proper Remedies in this Disease. All Agglutinants, Astringents and Opiates are useful.—See *bleeding at Nose, and spitting of Blood.* A

*A Palsy and Flux of the Menfes.*

A Palsy, and an immoderate Flux of the Menfes, may be remedied at one and the same Time, by administering the Decoction of *Cort. Exterior. Auranti* or *Sevil*, which acts as an Aperient, by its aromatic Parts, and as a Styptic by its Acerbity: Now it becomes necessary to curb the Menfes, because they weaken extreamly; as also to open the Passages of the Nerves, because this by Propagation, might endanger the Brain, and bring on more fatal Disorders: However the Menfes being the more immediate Evil which is to be remedied, a greater Regard must be had to it, but not so much as to neglect the Palsy, and if the Flux be very violent, the Balance is changed in Proportion.

*Fluor Albus, and Barrenness.*

WOMEN are liable to many Disorders from a softness and flabbiness in the Fibres; their Womb is a Sink that receives all impressions from Phlegm; their Whites are a convincing Proof of their Softness, which are much hurried on by Births, and any Fatigue. They ought to contest with this Accident, and oppose it the Moment they are attacked with it, it wastes them, it contributes to Barrenness, and makes their Lives irksome.

You need only see a Woman's Face to know if they are troubled with the Whites; for their Eyes have a leaden Circle about them; their Cheeks are Pale and Earth colour'd; they are every now and then clapping their Hands to their Back, which is a secret Confession they feel somewhat troublesome there,



there, and such Women seldom fail of having Pain in their Backs.

If they do not favour themselves with Ease and Quiet; if they don't refrain from watry Liquors; if they don't eat dry Meats, and drink dry Wines, as Claret, and Mountain Wines, they must expect to be sickly all their Lives. Youth is the Season for helping this loose Habit; if it gets Root by neglect, and Years creep on, it becomes past Relief.

GIVE somewhat Cordial and Corroborating at convenient Seasons, to give Nature some Assistance: Steel Waters of the strongest kind mixed with their Wines, are of use in this Case, because these Waters are corroborating, and strengthen the Glands of the Womb, and their Fibres every where, so that less will flow from them.

ALL nervous or membranous Parts are apt to grow loose and flabby, more especially the Womb; and a discreet and repeated use of Cloves would defend many young Women from the Whites, which is a Misfortune many Woman of all Ages are subject to, and which they might either prevent or cure by insisting on this Drug. This Disorder is attended often with another, Namely,

BARRENNESS as a necessary Companion: We are not so well acquainted with what Conception is, or rather how we are begotten, as we are with the Impediments to Generation; and this is too well known, to wit, that Women subject to the Whites are often Barren, because to receive, retain and convey the Matter of Generation to its proper and determined Station,

Station, is the Office of Vessels fitted for that Work.

AND we find that great Work of peopling the World, falls seldom to the Lot of moist and phlegmatic Wombs: If this be the Case, it is no great Hardship upon these young Ladies, to take the following Powder now and then, in a Glass of red Wine; and the best time to take it, is when they have the Whites upon them, or after their Monthly Course is past, especially if after it they find any Flux of watry or slimy Matter from the Part, which is very usual.

*R. Caryophil. Drachmas duos, Cinnam. Rhubarb. Opt. a. a. Drachmam Unum Misceantur et fiat Pulvis in XII. Chartulas distribuendus, quarum Capiat Unam bis in die.*

In this Manner they will prevent the least Degree of Whites, and keep that Part perpetually in good Order, and fit for Generation. *Rhubarb, Diascordium, Fuller's Rhubarb Elestuary; Elest. Resin. in Fuller, the Lac Alum. in Bates; Fuller's Empl. de Bolo,* and the cold Bath at last are proper for the Whites. The *Pilule Bened. Fulleri* attenuate and scour of Phlegm in the Stomach, Intestines and Womb, Depurate the Blood, are good in histeric Disorders, and cure Barrenness.

#### *Diet for Women with Child.*

WOMEN with Child must suffer some change, when the Flux, by which the abounding Blood used to be discharged every Month, according to Nature in grown Women, is suppress'd and quite stopp'd, during Pregnancy; and as the Health of pregnant Women

Women is greatly to be preserved, or recovered by the Assistance of Diet, this Inquiry is well worth our Pains.

WE must have regard to all the Circumstances of every Woman, and to the Configuration of the Parts; for which Reason, as every big-bellied Woman before Impregnation was not delighted or pleased with the same Victuals or Drink, altho' the Victuals she took before were not the most wholesome, we must not quite forbid her the use of customary Things, only we must moderate their use.

FOR as *Hippocrates* said, bad Victuals which we have been used to, are the most readily borne; and Persons have fallen into grievous Diseases, for having suddenly changed this way of Living: However, they must not be indulged so far, as to grant them a promiscuous Liberty of eating and drinking all their false Appetites crave.

I advise Pregnants therefore to insist upon wholesome Diet, and such as may correct the fault of preceding Errors, and to avoid sours, sweets, saltish and viscous Things; for as an ill State of the Juices transmits an hereditary Depravity to the Child, so also Women using an ill Diet, corrupt their Juices, and consequently the Child's too; for Gripes, Epilepsies, Breakings-out, and all other Ills proceed generally from the Mother's Liberties.

As for the Quantity they are to use, the Varieties of Subjects are to be considered; for they who are dry and lean, ought to feed plentifully, but full and plump Women more sparingly; for some harm befalls



falls Pregnants, both as to themselves, and from the Child's too great increase.

To the Pregnants that are of a full Habit, or of an ill Habit, it happens that their Legs swell, from the abundance of Humours stagnating, or the Vessels thereabouts swell, and cause Trouble and Pain; or if the Head is stuffed with plenty of Blood, and brings on a Head-Ach, or Bleeding at Nose, or a Beating of the Temples, or a Tooth-Ach, to such a spare Diet is proper, to which you may add Tea and Coffee, or Ptisans, as also gentle Laxatives.

DAMAGE befalls the Mother from the Growth of the Child, not so much in her Pregnancy, as at her Labour; for if the Child be very large, and the Vessels much distended, it will have much ado to find Passage; and for this Reason is a spare Diet convenient, and now and then drawing off a little Blood is very useful, which does also contribute much to other Disorders arising from an excessive Circulation.

It is certain, that Bleeding is necessary in plump Pregnants, when they have a good Stomach, and where the Menfes flow too plentifully before Conception; and this is the stated Practice all over Europe at present, and it is often repeated with Success, where any violent Symptom infects plethoric Women; and Mr. Boyle blames those who gave too much Credit to Hippocrates's Aphorism, that forbid this Discharge.

#### *A Dropsy in Pregnant Women.*

AN Anasarca in a Woman with Child, must be attacked with such Evacuations of Cathartics and Diuretics,

Diuretics, as by no means accord with Pregnancy; and yet to suffer it to reign, would so endanger Abortion, that whenever the Child begins to grow weighty, the *Lax Uterus* could not retain the Load; a Mean then is to be observed, we must cure the Dropsy, and strengthen the retentive Faculty, which may be safely done; hence these Evacuations are to be attempted, and yet with such Caution, that the Danger in View must be warded by corroborating and styptic Medicines, at proper Seasons.

*Abortion to prevent. How Imagination works upon big-bellied Women.*

WE must in the next Place give Directions about the Motion of the Body, and the Passions of the Mind in Pregnants. Violent Exercise seldom fails of causing Miscarriage, because when Vessels are full with Blood, exercise shakes the Vessels and breaks them; from this Rupture or Breach Blood flows, and the Miscarriage ensues, especially if they are subject to Miscarriages from the Nature of their Constitution.

To them all violent Motion or Agitation of the Body is prejudicial, because it tears the after-burden from the inner Membrane and Glands of the Womb, and so causes the Infant to come before its Time: And a sedentary Life is carefully to be avoided by all, because as the Muscles of the Belly are compressed by this kind of Life, they cannot be extended, and therefore the Child cannot come to its full Growth.

MOREOVER Digestion must be ill perform'd for want of Exercise, and then the Mother's Blood being depraved, the Child's of Course becomes vitious;  
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for as the Pores become open every where by Motion, many Steams of no use, and dangerous to the Body, are retained, which ought to have been thrown out of it: Besides, Motion causes regular Stools, which by sitting are too long kept within, and they serve to fill their Bodies with Wind and Obstructions.

We must also regulate the Motions of the Mind, if we would do any great Service to Pregnants; if Imagination has any force upon the Infant, it is done by Thought, and that by some excessive Motion or Exhaustion of the Spirits: There have not hitherto been wanting Histories and Observations on the Harms done to the Fætus by the Force of Imagination.

BUT so much may we grant on the Force of Imagination, that it either can move or arrest the Motion of our Spirits, or how comes it to pass, that Frights have kill'd, and Joy has caused Miscarriages? Wherefore let Women avoid Grief or excessive Passions, which may have an Effect on the Mother's Blood, for there is the same Circulation in both, and the same Consequences must follow from the same Changes.

As then the Mind acting has the same force upon the Child, as the Mother's Exercise, big-bellied Women should avoid the Passion of Grief, and if such should be surpriz'd with it, we must endeavour quickly to divert them, or the Child, whose Stamina are tender, will be greatly injured thereby; whereas Diversion takes off the Edge of Grief, and you may prevent or remedy any Injury.

Women



WOMEN with Child should avoid sleeping after Meals, because it occasions Night-Mares, Dreams and Fright, inasmuch as the descending Vessels are compress'd as well by the Child as by the Victuals, and the Circulation is disturb'd thereby.

If they are Costive; let them procure a Stool at any time with Manna, Prunes, or Syrup of Purging Roses. Glysters cannot be so well given, because the Pipe distends the Womb, and the Suppositories are for the same Reason inconvenient.

BLEEDING is often found of great use for the Discharge of an excessive Quantity of Blood in the Vessels, for by so doing we prevent the impending strangulation of the Infant, and the disorders of the Mother: Pains therefore in the Legs, and Aneurisms or Varix's are prevented by it.

LASTLY, We shall observe the Effects of the Air on Pregnants; the Air serves to digest our Victuals, to have an Effect on the Mind, to regulate the Vicissitudes of Sleep, and to cause our Secretions; for a serene Day makes all look Gay, and helps us to Think better, hinders us from being Dull and Drowsy, and gives us Briskness and new Life; therefore an Air full of Vapours, must be prejudicial to childing Women.

If any Medicines are requisite, they are such as correct the acid Crudities in the Stomach and Blood; Wormwood then, Crabs Eyes, and Aromatics are of use, but be aware of Brandy Spirits. It is evident then, that Women with Child ought to avoid whatever does disturb the Spirits or Blood, or fill the Sto-

mach with crude and four Chyle, and whatever shocks the Womb.

*Placenta Retained, and Womb Excoriated.*

WHEN the Secundine or After-burthen is not drawn entirely away, but part of it is kept within, and there rots away by Piece-meal, the putrid Matter mixes with the Blood and corrupts it, and disturbs the whole Mass, and the Quincies, Pleurifies, Fluxes, Hysterics, Convulsions, Swoonings, Fevers and Gangrenes succeed.

THE Retention of the After-burthen is a troublesome Accident; which may not happen from any Ignorance of the Midwife, for sometimes it sticks very close, where it is left behind, or where any part of it is left, which you may guess by the continuance of the Throws, like fresh Labours, and by the nasty smell of what they void.

WE must try by all Means to expel it by various Drugs made of Roots of Birthwort, Briony, Leaves of Lavender, Mugwort, Penny-Royal, Rue, Savin, Flowers of Saffron, Galbanum, Myrrh and Spices; Castor, Amber, Borax, or Preparations of these. If a Phlegmon arises in the Uterus from this Retention, 'tis impossible to conquer it without expelling the Secundine.

If by the quick closing of the Orifice, the Placenta is retain'd, the Midwife tries with her Finger to open the Neck gently, and then introduces another, or more, and searches where it sticks to, she gently removes it: Where it cannot be extracted but by Piece-

Piece-Meal, great regard must be had to the Mother's Spirits and Strength, and great Discretion is required in the Midwife, least the Womb should be excoriated or torn.

WHICH will oblige us to have recourse to healing Herbs, such as Betony, Comfrey, St. John's-wort, Mullain, Sanicle, and such like, to Balsam of Peru, Turpentine and Opiates themselves. This close Adhesion may be prevented, if Women with Child avoid glewy and gross Victuals and Drinks, and use moderate Exercise at convenient Distances.

*Directions for Women in Child-Bed.*

THE excessive Pain and Anguish poor Women suffer in Labour, the necessity of a large discharge of Humours by the Womb after it, and the great hazard of falling into Fevers, Inflammations, and the like, make it very necessary for lying-in Women to be exceedingly careful of themselves. What can be expected after Labour, but Watchings and Pains.

WHEREFORE Rest and Sleep are absolutely required; their Spirits must be repaired, and yet Fevers must be avoided, they should drink plentifully of white Wine Whey to cause a thorough Discharge, from the Womb, of Matter that has resided there for nine Months together, and which, if it were retain'd, would lay a foundation for Fevers or Fluxes; and if they put a little Saffron, or Pennyroyal, or Rue into their Whey, it would be so much the more wholesom for them.

THEY must carefully shun catching Cold, especial-



ly in the Womb, for this has too often been the ruin of the poorer sort ; they rise the third or fourth Day, and expose themselves to the hazard of catching cold in their Body, this checks their cleansings, and they are immediately thrown into Fevers, which are always dangerous in proportion to the matter that causes them; and this matter being very offensive to Nature, they generally die in these Fevers.

THE only method to preserve lying-in Women from Danger, is to keep close in Bed, to encourage Sweats, or a warm Dew, for six or seven Days, by drinking Sage Tea, Sack or white Wine Whey, or thin Broth of Chickens or Mutton, Gruel, Caudle, and Panado, to avoid all flesh Meat, during that space of Time, and to rise as little as possible, unless to have their Bed made, and then to have their Feet wrapt up in Blankets, to keep out the Air from the Womb.

By observing these few Directions, it is easy to come safely through, otherwise it is a mere chance but they suffer for their neglect, immediately, or at least some time after : There is an absolute necessity for Child-Bed Women to be kept in a constant Dew ; and because they presently complain of Thirst, after their Delivery, and are greatly weaken'd, a little Wine warm'd with a crust of Bread in it, ( and some good Broths ) may be allow'd to recruit their Spirits, but not so much as to inflame.

THEIR Diet should be very thin and void of all Flesh Meats, they must shun any Vexation ; more especially Anger and Frights, because from Anger arise dangerous Fevers, or violent Hemorrhages, and from

from Frights there ensue either Hemorrhages, or a total suppression of the cleansings.

**HYSTERIC**, or Convulsive Fits do often ensue upon Labour, under the shape of Sleep, that it deceives the Midwives, and the poor Woman sleep on, and never wake afterwards; forbidding them therefore to Sleep, if they do, you are convinc'd it is the effect of a Disease, and you are warn'd to take proper care.

**WOMEN** who are lying-in must take now and then a Dish of Coffee to refresh their Spirits, and this is known of Experience to comfort them and recruit their Spirits.

*Lochia Suppressed.*

**THE** cleansings of Child-Bed Women are often suppress'd from evident Causes, which ought to be known, in order to avoid them.

**FIRST** then, Cold is capable of producing this dangerous Effect; for if the cold Air be admitted into the Womb in the time of Labour, as indiscreet Women do often experience, and there constringes the Mouths and the Vessels, which are at that time very open, or thickens the Blood that should drop from them, or congeals the phlegmatic Humours in the whole Mass, for these sort of Constitutions are most subject to receive Damage at this Season, or close the inward Orifice of the Womb sooner than usual, this Distemper happens.

It sometimes also happens, that by Reason of a grievous Passion of Mind, such as a Fright or great Apprehension,

Apprehension, these cleasings are entirely stopt, because such an Accident stops the Blood's Motion at once. They are also often suppress'd from an indiscreet Change of Linnen, which may be wet, or too cold.

It can never happen that Women should have this Flux suppress'd, without a sensible Damage and Danger of Life; for it endangers an Inflammation and a Fever, both fatal in themselves, and brings on a Distension and Swelling of the Womb.

By this Distention, and the Acrimony of the stagnating Blood, it naturally introduces Pain, and the retained Parts being in some Measure reconvey'd to the Blood and Heart, a Fever ensues; the Matter stagnating degenerates into Corruption, the watry Parts run out, and leave the sharp Corruption behind.

THIS galls the Womb, and causes an Inflammation, which at last terminates in an Abscess or Ulcer, and then stinking and purulent Matter runs forth, and an invincible Disease is produced, which makes them miserable for a long Time, and then carries them off; nay, sometimes Cancers have been occasioned from such wretched Management, where all those Evils that attend a horrid Torture must be their Portion.

THEY must live upon thin Diet, and encourage Warmth and Sweats; and as the Faults have been made mention of, they must be carefully avoided: It is usual with the Women to give Penny-Royal Tea on such an Occasion, and if they add to this Tea twenty Drops of Tincture of Castor, and toment the  
Parts



Parts with a Decoction of Mallows, they would prevent Inflammations, Abscesses, Gangrenes, Fevers, and the like Mischiefs.—*See Menses suppressed.*

*A Pleurisy and the Lochia.*

A Peripnamony or Pleurisy, along with the Lochia, is a case of Difficulty; to Bleed you may suppress the Lochia, but to neglect it, your Patient falls under the Weight of the Inflammation; but as the Inflammation is Acute, and soon terminates in Death, at least in a Vomica or Empyema, and the Suppression may only possibly bring on the Puerperal Fever; we are chiefly to regard the Inflammation, yet by no Means to neglect the natural Flux so much as to have no Eye towards it; hence must we mingle Contraries.

*Lochia suppressed, and a Diarrhea.*

IF a Woman in Child-Bed, upon the Suppression of her Lochia, by cold, fall into a Diarrhea, and other Symptoms of Faintness, short Breath, &c. it becomes necessary to blend Opiates for the Flux, along with Emmenagogues, to promote the Lochia, and which has been done with so common a Compound as Theriaca Andromachi effectually; and by this one Medicine mix'd in a proper Julep, the Symptoms and Diarrhea gradually ceas'd, and the Lochia as gradually return'd. This will do in a Diarrhea with the Menses.

*A Cholera Morbus along with the Lochia.*

IF a Woman in Child-Bed is seiz'd with a Cholera, whilst her Lochia are yet upon her, the same Difficulties

ties arise as when a Diarrhea seizes ; for the Cholera requires gentle Promotion for some considerable Time ; after which, nothing so effectually relieves as Opiates, but the Administration of them is injurious to the natural Flux, and the neglect of them to the Cholera ; they must then be given, because the Cholera is more immediately Mortal ; therefore give them compounded with uterine Medicines, where Regard will be had to both Indications, though not equally, because the Motion of the Lochia includes less danger for the present.

In complicated Cases, we must always have most Regard to the greater Evil ; but in Diseases which are contrary to each other, and whose Consequences on either manner of Procedure, are either nearly equal, or really upon a Balance ; there must be Regard had to both Diseases, in Proportion to the Indicant.

*Hysteric Fits, and the Lochia suppressed.*

THESE Fits are an usual Consequence of a Suppression of the Lochia, and the immediate Cause of them are a tumultuous Motion of the Spirits, in which the Nerves are also concern'd and shorten'd ; for if they are any where fill'd with the Fluidum Nervorum, their Dimension in Breath shortens them : In this complicated Case then, we must blend Emmenagogues and Opiates, without which, consequences on either Hand would be tedious or dangerous.

*Lochia Immoderate.*

THERE is an opposite Fault to Suppressions of the

the Cleanings, for they often flow too much, from a Laceration of the Vessels where the Midwives precipitate the Delivery; for it happens in Miscarriages, as it happens in unripe Fruit which is never pluck'd without damaging the Stalk, or the Tree, or both.

THERE are indeed many other evident Causes of this immoderate Flux; such are the giving too many forcing Drugs to ill Women for bad Purposes. If they flow too immoderately, then Swoonings and Weakness ensue, and we must be cautious in our Proceedings.

THEY must live upon thickening Meats, and keep cool and without Motion, and carefully avoid the Faults abovementioned.

IT is a Mistake which ought to be rectified, for Midwives to give Irish Slate to promote the Cleanings, for it is an astringent or binding Remedy, and ought to be given in a Flooding.

AND therefore we should mix a little of this Slate powder'd in an Electuary made up with Dragon's Blood, and Conserve of Roses together, and give of it often in a Day. We also use Comfrey, Plantane Tormentil, Pomgranate Flowers, and such like, for stoping an immoderate Flux of these Loches. *Helvitius's* Styptic is excellent for all inward Hemorrhages.

AS for Winds in the Womb, admitted into it by exposing themselves to the cold Air, we ought to stove the Part with Anniseeds, Caraways, Cloves or Nutmegs, in order to expel it again. In general, if Errors be avoided, and sufficient Directions have been given



given how to avoid them, none of these Misfortunes can attend Lying-in Women.—*See Menfes immoderate.*

### AFTER-PAINS.

I shall speak now of the natural Attendants in all Labours, that is, of the after Pains, the Costiveness, and the lacteal Fever.

As to the after Pains, they continue after Labour, and each resemble a fresh Labour, and are caused from the Womb's Irritation, not yet appeased; hence then Spasms and Convulsions.

It is made a Question, whether these after Pains ought to be relieved or not; but what can be more natural then to shun or take away what is foreign to Nature, or to remove what is very troublesome.

BUT many are of Opinion, that these Pains are of use to continue the Cleansings, which in a moderate Degree is true; but if they exceed, they bring on Fevers, Phrensies, and many other dreadful Symptoms, wherefore are they to be removed as they exceed in any Measure.

THESE Pains are to be asswaged with Anodynes, such are Camomile, Dill, Marsh-Mallows, Fennugreek-Seed, Linseed, Poppy-Seed, Sperma-Ceti and Opiates, adding Carminatives, or Expellers of Wind of the gentler Sort, lest they raise Disturbances, if Wind accompany them.

THE Resistance made to flowing Blood by the  
contracting

contracting of the sanguine ruptured Arteries of the Womb, which naturally follows a Woman's Delivery, may well occasion after Pains, and very probably is the most frequent Cause of those Pains, which are perceived in the Womb: And the more quick and strong the Contraction of those Arteries are, or the greater the Impetus of the Blood happen to be, the more Acute must be those Pains.

THESE after Pains are abated by emollient Things, which manifestly tend to render the Contraction of the Vessels more slow and moderate. *R. Ol. Amygd. Dulc. Syr. de Mecon. a. a. Uncias duos, Sperm. Ceti Scrupulos quatuor, Ol. Junip. Chym. gut. XX. et fiat Mistura Anodyna, ejus Capiat. Cochb. i. tertiis vel. secundis, vel singulis horis, durante Dolore, Pbiala prius bene Agitata.*

#### *Costiveness, and the Milk Fever.*

COSTIVENESS arises from the Discharges made from the Womb, the Breasts, and from the Pores by Sweating, which call off all the Moisture, and makes them Costive.

THE Milk Fever, with all its Symptoms, to wit, Shivering, a painful Distention of the Breasts, a weight of Shoulders and Back, Head-Ach, Thirst, and the like, come on the third or fourth Day.

BECAUSE the Lying-in Women keep quiet in Bed, and their Humours have, for some Time past, been under a State of Compression, but being now set free, and the Channel being turn'd, the Fibres begin to contract every where, and the Contraction being

ing Universal, a quicker Motion is communicated for some few Days to the Blood, that is a gentle Fever arises.

It is a common Maxim, that place the Cause, and the Effect follows, wherefore ought it to be true, that if you take care that the Cause be avoided you prevent the Effect; and although the Cause should act, yet by removing it suddenly, you prevent the Consequences. Hence it is evident how we avoid the common Attendants of Labour, for the natural ones must follow of Course.

In Costiveness is is not safe to make use of Cathartics, for fear you raise Disturbances; gentle Laxatives or Suppositories are sufficient; we ought never to exceed an Infusion of Sena or Manna, or a little Lenitive Electuary.

If the Milk Fever should chance to turn into an intermitting or continual Fever, we must have regard to the Nature of it, and in general, we must make use of gentle Diaphoretics, such are Roots of Contrayeva, Rue-Leaves, Marigolds, testaceous Powders, such as Crabs Eyes, Gascoign Powder, and the like.

BUT if we use too volatile Diaphoretics, there will be danger of inflaming the Womb, by forcing the Humours too violently upon the Farts, that cannot as yet circulate the Humours freely, and then they must stick in them, and hurry on Abscesses and Gangrenes.

HAVING brought Women thro' their Pregnancy, and their puerperal State, it would be expected I should also speak of the Management of their Babes; but



but having already treated of their Diseases in another little Book, I shall only here give Directions how to prevent Gripes and Convulsions, which destroy a Multitude of Children.

*Gripes and Convulsions in Children.*

OUR Children in *England* are mostly carry'd off by Gripes and Convulsions; and to provide against these Maladies, would be saving the Lives of two Thirds of those who die.

WOMEN indulge themselves in all cool and windy Diet, when they are with Child, under the affected Notion of longing for all they like, they devour vast Quantities of Fruit, Cucumbers, Peaches, Plumbs, Cherries, Gooseberries, Currants, &c.

THIS indiscreet Liberty sometimes they suffer for themselves; but if agrees well with them, it seldom fails of making strong Impressions on the poor Infants in their Womb, whose Fibres are tender, and susceptible of every Mistake their Mother's commit.

THIS Diet abounds with all that is requisite to create Wind, and raise Convulsions, because they have all a Sourness or Viscosity, or both of them; such Aliment in Children cannot fail of Griping.

THEIR Blood is made up of the quint Essence of this Diet: Their Secretions smell Sour, and their Stools are as green as Grass. Their nervous Juices must be of the same Nature, and it is not possible to avoid either the one or the other, or both, for Gripes commonly end in Convulsions.

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**THE** Children must be kindly treated from their Birth; you must carefully void the Meconium of their Guts, by giving them Oil of Almonds and Syrup of Roses, joined to a little Oil of Nutmegs gradually, 'till they have thrown downwards that black pitchy Stuff, that has lain in their Bowels for so many Months.

As soon as you perceive that all this is passed off by Stool, which you will know by the Colour being chang'd from a black Matter, to a yellow or Brown; then in their Diet or Spoon Meat, if you bring them up by the Hand, mix a Drop of Spirit of Hartshorn in their whole Meal, or of Sal Volatile Oleosum, twice or thrice a Day, for some Time, and you will very probably prevent both Gripes and Convulsions.

**AND** as Children are fed too high, it is probable their little Stomachs may be cramm'd too much with Phlegm of a sour Nature; and a little Dose of suitable Physick, such as the Syrup of Roses, or Syrup of Rhubarb, once in a Month, will be very useful.

**IN** Gripes and Convulsions then avoid Milk-Meats, and Victuals too much sweeten'd; all these things turn Sour upon their Stomachs, and ever cause these Symptoms. Broths are the best Diet in such a Case; but if Children are peevish, and are very thirsty, Milk boiled thin with Water, and such cooling Diet is best.

I say Milk ought to be boiled thin, and t'heir Pap also. It is a horrid Mistake to boil their Victuals so thick as to be a perfect Glue; it sticks indeed to their Ribs, as they say, and to every Place, and their little  
Hearts

Hearts have not force enough to dissolve it. This is the last Scene of our Victuals in our Blood.

WHEN all the fluid Parts are carried off by Urine, and the Pores, the Juices become jelly'd and unfit for Circulation; and our Remedy in such a case is to supply Liquor to dilute this Jelly, that it may not stick too much any where; for Nurfes then to look upon this thicknefs of Children's Victuals, as a necessary Condition to nourish them, is a vulgar Error, that ought to be exploded, and put out of the Nurfes Heads.

It is from hence that they are so far from gaining the End they aim it, that they starve the Child, and brings it into an Atrophy and Wasting. Sugar doubtless does sheath sharp Humours, but then it leaves an Acidity behind that presses upon our Bones, and therefore rots our Teeth. It is this Sour which lies hid in it, that makes it prejudicial to hypochondriac and hysteric Men and Women.

It is upon the same Account, ill Food for Epilepsies, and all Sorts of Convulsions, and therefore let Mothers and Nurfes look well to Children, that their Food be not too much season'd with it; or let them be very exact in giving some of the Hartshorn Drops, I just now spoke of, frequently. — See *Convulsions, and my Treatise of Children's Diseases.*

### *Hysteric Affections.*

HYSTERICAL Women are highly prejudiced by the Six Non-Naturals; and first, as to the Air, which according to its various State and Condition, can al-

M

ter



ter and change our Bodies in divers Manners, whilst it is mix'd and infested with Vapours and Streams, or whilst it is Cloudy or Rainy.

AND as a moist and cold Air heaps up Phlegm, and the same being violently Hot, increases Choler; so also billous and phlegmatic Humours are made from our Victuals and Liquors, that is, from such Things long continued that are either too viscid and Phlegmatic, or too Acrimonious, Aromatic and Spirituous.

THE same also is produced from Sleep, Watching, Motion, Rest, and the Passions of the Mind; for from any Excess of one of these, the Choler or the Phlegm increases and depraves the Humours; and more especially the cold and moist Air contributes to produce this Disease.

INASMUCH, as by this Means, a Heap or Load of vitious or phlegmatic Humours, are gradually produced in Women's Bodies, both by Reason of the Constipation of the Pores, from the external Cold, and the Stricture of the Mouths of the Vessels.

HENCE is the Ferment of the Stomach, and the Spirits themselves, few or weak in this Sex, are overwhelm'd with abundance of watry Humours, and the whole Mass of Blood being render'd less and less fit for producing Spirits, and liable to Coagulations in many Cases, this Disorder is necessarily introduced.

Now, from these Considerations, a satisfactory Account may be given of the Preludes of this Distemper, for the following Signs precede it; a spontaneous

ous Lassitude, Weariness, with a Weakness of the Legs, a Paleness of the Face, with a sorrowful Countenance, a Loathing, an Aversion to Victuals, sometimes a Noise of the Bowels, which is often attended with Pain.

BUT when the Fit begins, there arises in an Instant a Difficulty of Breathing, and a Stricture of the Jaws, as also a Sense of Choaking; they grow Mute, fall into a sort of Sleep, their Bodies grow cold, then they lose their Senses, and their Legs are convulsed.

THEN the Fit abates, Matter flows from the Womb, the Part is relaxed, their Cheeks begin to glow and redden, and then their Senses and Motion return; but all these Signs do not happen to all, only some in one and some in others; for various and divers Symptoms are produced according to the Diversity of the Causes and Subject.

FOR sometimes there is felt in the Throats of the Patients somewhat like a Globe sticking, which throws them into an Apprehension of Choaking; sometimes there is felt somewhat like a Weight or Globe in the left Hypochondres, which is pressed together by a Hand, as it were; sometimes Belchings do attend them, which being got up, seem to relieve them for the Present.

AT other Times they are afflicted with a Difficulty of Breathing, and a Sense of rising up of the Bowels into the Breast. Lastly, sometimes they are taken with very grievous Symptoms, such are Falling-Sickness, Swoons, Convulsions, Ravings, and many more to make up the dreadful Tragedy.

**MOREOVER**, this Disorder is observed in all States, in sedentary Persons, in Virgins, Wives and Widows, and the same does invade at certain Periods, more especially at the Time of the Monthly Flux, and sometimes upon mere Accidents from the Air, Diet, Passions of the Mind, or others, that move the Blood and Spirits, and that it varies in Degrees, so that some few are gently, and many are sore afflicted with it.

I will now explain the Causes of the abovementioned Symptoms. Women are by Nature colder than Men, and therefore their Skins and Flesh are more tender, soft and lax, and do therefore perspire less, which may be reputed one Cause of their menstrual Purgation.

**BUT** Men, on the contrary, are by Nature warmer, have their Bodies more patent and perspirable, their Skin and Flesh are harder, and more fibrous and porous, and instead of that menstrual Flux, the Perspiration suffices.

To which if we add the Fatigue and Labour of Men, we may readily see how they have no need of such Discharge; and Women who give themselves up to Labour, experience what Effect that has upon their menstrual Flux, because they are rarely troubled with it.

A Suppression then of such a Flux, where nothing recompenses, is acknowledg'd by Physicians unanimously to be the Cause of this Distemper, because it fills our Veins with Impurities.

**BOTH** Reason and Experience confirm, that gross Aliments



Aliments used with Continuance do enervate the Ferment of the Stomach, and this being once obtunded, the Chyle is thrust downwards into the Canal of the Intestines in a crude Condition, from whence it passes into the Blood, unfit for either the progressive or intestine Motion.

AND these Causes affecting Women for some considerable Time, give rise to such a Disease; for the Blood being gross, crude and spiritless, being watry or phlegmatic, all the Parts it arrives at are tainted with these Faults, so that the Temperament becomes Cold.

THESE Causes concurring, there is heap'd up a large Quantity of phlegmatic Humours, which obstructs the Glands, the Pores, and smaller Vessels, from whence it follows that there must be much Matter retain'd.

THE greater Portion of this gross and crude Blood settles upon the Parts of Generation, by reason of their depending Position, and the weight of the Humours, and then they stick and obstruct their Passages, and hinder their Monthly Flux, whence a Load of Humours which used to be thrown off, is further added to the Mass.

GREAT part of these Humours reside in the Womb, and grow acid and pungent, and occasion an irregular Flux, from which Accident many Symptoms of ill Consequence are produced; while the Flux is on foot these Symptoms abate, when it is retained they become ill; so that the Disease keeps pace with this Flux.

THE other gross Part of the Blood, lodg'd in the Ovarium, rests there, and produces from its Corruption various Irritations on the Nerves, and drives them into Convulsions of the lower Parts, from whence all the Disorders do arise; to wit, from the phlegmatic Humours, the menstrual Flux, and the irritating Corruption in the Ovarium and adjacent Parts.

WHEN the Evil increases, these malignant Steams yellioate the Stomach and Bowels, which being thrown into Convulsions, the Guts make a Noise, as if Wind rolled along; and occasion a straitness of the Breast by a convulsion of the Muscles of the Abdomen, and this Convulsion is what the Women call the rising of the Womb, when in reallity it is owing only to the convulsion of the Nerves in the Mesentery and Intestines, which swell them up.

AND when this malignant Humour rises higher, even to the Brain itself, the animal Spirits passing thro' it, are variously toss'd in the Meanders of this Organ, from an irregular Motion of them, and causes a Giddiness, or they enter the Nerves of the Heart, and the Muscles in a tumultuous Manner, and raise Palpitations and Commotions every where.

AND if by any violent Shock of the abdominal Muscles, and of the Parts within, any Portion of Sperm should be thrown forth, when that is done the Fit ceases, and an universal Weariness remains for some Days, join'd sometimes with Pains of the Head, occasioned by the consumption of the animal Spirits, and the jolting together of the Muscles; and the Pains are caused from some Reliques of the Humours deposited

fired on the Membranes, which by stimulating them bring on troublesome Sensations.

BESIDES these Symptoms which arise from a subtile Vapour, others no less grievous arise from the grosser Parts of the morbidic Humour, for these being brought back to the Heart along with the Blood, do lessen the intestine Motion and Generation of Spirits by their Crudities; the Motion of the Arteries which depends on a strong Influx of spirituous Blood, will necessarily grow languid, the Circulation be retarded, and for want of spirituous Blood and Heat, the Face grows Pale, and the Extremities grow Cold.

A Penury of animal Spirits in the Brain and Nerves follows a defect of Spirits in the Heart and Arteries; hence happen a trembling of the Joints, a cessation of Motion and Sense; and another Cause of Respiration being intercepted, is a defect of Influx of the Spirits into the Muscles of the Breast, the Intercostals and the Diaphragm and Larinx.

ALL which Symptoms do afflict, until the morbidic Matter be dispers'd, which happens sooner or later, as there is more or less of this Matter; the Fit sometimes declines with a deep Sigh, by Reason of the intercepted Respiration returning with a struggle and difficulty.

THE morbidic Matter, which is the immediate Cause of other Symptoms in other Parts ascending by the Circulation from the Womb and adjacent Parts, is carried into various Parts of the Body by the Veins or Arteries, or by the Nerves to the Muscles, where Convulsions so frequently happen.

FROM



FROM all which it appears, that no one Part can properly be called the Seat of this Disease, since it wanders every where, and therefore is it universal. It is moreover evident that this Disease is not a single Symptom, but rather a large Collection of Symptoms, which variously affect the diseased.

Now as to the Regimen of the Non-Naturals; and first, as to our Diet, if that be neglected, it will hasten as well as cause it: Our Diet ought to consist of Victuals of tender Fibres, and Juices easy of Digestion; avoid salt Meats, viscid Diet, such as Peas, Puddings made of Flower, and the like; shun most of Sea Fish, and Sugars; Aromatics are allowed; Wine and Water is commendable, and a Glass of Wormwood-Wine is of use, but Ale is not very proper.

LET them live in a dry and moderately warm Air; let them Exercise moderately; they must Sleep well, and avoid all Books or Discourses tending to Debauchery; see that their menstrual Flux, Urine and Stools answer in proper Time; and in a particular Manner have a care that nothing perplex your Mind. The *Mixt. Chalyb. Hyster. Pil. Bened* and *Pulv. Rhubarb.* in *Fuller* are all proper Medicines.— See *Hyp. Melancholy*.

*Hypochondriac Melancholy, and Night-Mare.*

IN the Hypochondriac Affection, the Air has a great Share, we cannot live without it for the space of many Minutes, and being inspired, as well as entering through the Pores, it alters the Humours in a various Manner; more especially moist and rainy Weather

ther so unhinges us, that a rainy Day has a sensible Effect of making us vapourish and dull.

OUR Aliments and Liquors have also a great Influence upon us, either to introduce or increase this Disorder: Watching excessively spends our Spirits, and renders our Humours distempered; and yet long Sleeps vitiate the Blood, by making it viscid and sharp; excess of Motion or Ease have the same Consequences as Watching and Sleep: Our Secretions being irregular, do greatly disturb human Bodies.

FOR if those be retained which ought to pass off, or if those pass off which ought not, great Evils ensue; witness Suppressions of the menstrual Flux, Costiveness, or their Contraries: And the Passions of the Mind, over all the rest, are capable of producing stupendous Alterations within us, which alone are the most frequent Cause of this Disease; for Troubles and Vexations consume the Spirits, and never fail of causing great Disorders.

THE general and material Cause of this Disorder is Indigestion, or a crude and viscid Chyle, which brings an universal Lensor upon the Blood. Many particulars may give rise to this Distemper; as first, a sedentary, studious and inactive Life. 2. Feeding upon gross and viscid Ailment; or taking in more than the Stomach can digest. 3. Excess in Venery. 4. Too large Evacuations of any kind; or a Stoppage of such as are natural and necessary. 5. Extremes in the Passions of the Mind, as Grief, Sorrow, &c.

THE Signs of this Distemper are Indolence, Tremors, Fears, Anxiety, Dispondency, Indigestion, Inflation

Inflation of the Stomach after eating, Costiveness, a Difficulty of Respiration, a Swelling in the Throat threatening Suffocation, Pain in the left Hypochondria, from Flatulencies, a Palpitation of the Heart, with a Pressure left about the Abdomen and Viscera; in which case the Patient is under a terrible apprehension of Death. Lastly, when these Symptoms continue long, they cause Weakness, frequent Head-Achs, Vertigoes or Epilepsies.

THIS Disease is seldom Mortal, tho' if it continue long, it may at length prove so, by degenerating into the Epilepsy or Apoplexy. If the hemorrhoidal Flux happen here, it often proves a Cure; so likewise does a copious Discharge of black Urine without a Fever. Persons of a thin Habit, pale Complexion, and such as abound in Saliva, are most subject to this Distemper.

LET the Air therefore be greatly regarded; if it be too hot, let it be cooled Artificially, or if it be too moist, let it be well aired with Fire; eat but little at a Time, and suit the Diet to the Occasion, and their Liking and Agreement, for if the Blood be too Aduſt, we must feed upon Liquids and slippery Victuals, such as Gruel, Panado and Creams; if only too Viscid, we must eat fresh and young Animals seasoned with Spices,

WE must however observe what agrees or disagrees with them, for that gives us a fair hint of the Cause of a Disease: For Example, if Puddings or Eggs disagree with their Stomachs, it is a sign that a viscid Diet is prejudicial to their Disease, and that such Diet as is known to enjoy contrary Properties will be convenient,



As Sleep, Watching, Exercise and Ease, fall under the same Predicament of Motion, we have no more to say concerning them, than that the Patient must be guided by the Advantages or Damages reap'd by them, which they are capable of judging of alone; such long Illnesses as this Disease is, give Room enough for Observation.

Stools ought generally, in this Case, to be promoted, for few Melancholics are loose, and they are most gently promoted by Laxatives or Glysters, which may be made up of Milk with a little crude Allum, and strain out the Whey for a Glyster. We must also give a strict Eye towards all other natural Discharges, and see that they proceed according to Nature's usual Manner.

THE relieving exorbitant Passions must be the care of the By-standers; their Spirits are to be sooth'd by Reason and Persuasion, as well as Diversion. Flumery is the Jelly of Oatmeal, and it is a very nourishing Diet, because it is thick, but not sticking; and it passes through all the Capillaries without stopping them up. 'Tis good in vapourish Constitutions, and licks up the sharp Humours, is a light Diet, and keeps the Body open.

WHATEVER Aliments and Exercise tend to promote a good Digestion, liquify the Juices, and fortify the Blood, are here proper. Wine should be allowed in Moderation; the Food should be nourishing and easy of Digestion. Nothing is more advantageous than agreeable Conversation, a good Air and brisk Exercise, but especially riding on Horseback.

Bleeding

BLEEDING in Melancholics is bad; but if the Case proceed from a Suppression of the Menfes; if the Palpitation of the Heart be great; if an Epilepsy or Vertigo attend, or be feared; and for the convulsive Motion in the Throat, so frequent in this Distemper, it is absolutely necessary, especially in sanguine Constitutions.

EMETICS are frequently used and repeated in the cure of this Distemper: Half a Dram of Ipecacuanna may be given once or twice a Week as occasion requires. Strong Purgatives are improper, but Laxatives answer well. The *Tinctura Sacra*, *Cremor. Tart. Rhubard.* *Manna*, &c. and the Purging Waters, are often prescribed with Success.

CHALYBEATS are of great Service in this case after gentle Evacuations, especially being used together with the Cortex; but for those of a hectic Constitution, *Rad. Ellebor. Nig.* made up into the form of an Electuary Pills or Tincture, ought always to be substituted instead of Chalybeates.

DURING the Steel Course, or towards the latter End thereof, the cold Bath may prove of great Service, being continued for some Time. A Course also of Chalybeate Waters might be adviseable. If the Distemper yields not to the use of these Means, recourse must be had to such as are prescribed for the hysteric Disease. And if these likewise fail of Success, the case may be treated as Maniacal, which see in the two next Pages.

Night

## N I G H T M A R E.

THE Night Mare, or the Sense or Imagination of a Weight pressing upon the Stomach in the time of Sleep, is often a Symptom of this Disease, and may proceed from the same Cause, viz. imperfect Chyle, or a Viscidity in the Blood, which hinders its free Circulation, especially thro' the fine Capillaries of the Lungs. It also follows upon a Plethora, full Meals, late Suppers, and the eating of Things hard of Digestion. Let the Patient chuse a dry, clear and brisk Air; let his Sleep be moderate, and taken at a due distance from Meals.

IF a Plethora, or too great Fulness be the Cause, Bleed, and afterwards give a gentle Emetic: When it proceeds from, or attends Melancholy, or a great Viscidity of the Blood; after proper Evacuations with Mercurial Purgatives, a Course of Chalybeate Bitters may prove serviceable; or Preparations of *Rad. Elebor. Nig.* together with *Sal. Absinth.* for these will greatly attenuate the Blood; but if it proves obstinate and troublesome, 'tis to be treated as an hypochondriacal or hysterical Case.

*Melancholy Madness.*

MELANCHOLY Madness, is defined a Delirium without a Fever, joined with Fear and Sadness, and is commonly no more then the hypochondriac Affection aggravated, which ought to be regarded in the Cure. Whatever depresses the Blood and Spirits, causes this melancholy Madness.

THE Diet here should be Moist and lubricating:  
Wine



Wine may be allowed in Moderation ; and cheartul Conversation, a clear Air, Exercise, and especially Riding, contribute to the Cure ; wherein also Emetics, Epispastics, Cephalics and Sternutatories should be freely used, but Purgatives more sparingly.

HERETO must be added Chalybeats, *R. Tinct. Helleb. Nig. Tinct. Mart. Myns. a. a. Drachmas Duos, Spt. Corn. Cerv. Tinct. Assa Fetid. a. a. Scrupulos Duos, M. Sumat. gut. 40 ad libitum, in Vin. Alb. et Aq. Fonti.*

*R. Conserv. Anthos, Rutæ a. a. Unciam i. Rad. Ellebor. Nig. Cort. Peruv. Pulv. Chalyb. ppt. a. a. Drach. iii. Castor. Opt. Scrup. iv. Syr. Croci q. s. m. f. Eleſtuar. Capiat. quant. N. M. ter in die, cum Coch. iv. Infus. Amar.* The cold Bath is good here.

#### *Mirthful and Raving Madneſs.*

MADNESS is a Delirium without a Fever. By Delirium is meant a Roving, disorderly Inconsistence of Ideas ; there are three Species or Degrees of it, viz. Mirthful, Raving, and Melancholy already spoken off ; which variously compounded, and in their different Degrees, together with Anger and Boldness, Fear and Sadness, make all the various Phenomena in Maniacs.

THE Cause is whatever Distempers the Brain, so as to affect the Mind ; as Intenseſness of Thought, Anxiety, Watching, great Dangers, frights and frightful Dreams, strong Desire or Passion, a stoppage of the requisite Evacuations, or whatever renders the Blood and Spirits too Volatile, causes the Mirthful and Raving Madneſs.

The

THE Signs are unusual and unprovoked Anger, Boldness, Fierceness, Laughter, Loquacity, Taciturnity, Thoughtfulness; the Passions sometimes rising so high or falling so low, as to occasion the Patient to attempt his own Life, and sometimes that of others.

AN hereditary Madness is deem'd incurable. The Species attended with Laughter is easier to cure than that accompanied with Audacity. Extraordinary unforced Evacuations, as Sweat, a Hemorrhage, a Looseness, or a large Discharge of Urine, are good Signs.

IN the Mirthful and Raving Madness, a slender Diet is best, such as Gruels, thin Panada, Barley-Broth, Barley-Water, Tea, &c. First Bleed in the Jugular, and afterwards once a Month in the Arm during the Cure, if the Case requires, and Strength allows.

BLEED, give strong Emetics and Cathartics to evacuate the Humours, and bring the Spirits low, and Opiates at Night to quiet the fury. Epispastics are good, and in obstinate Cases apply one to the whole Scalp. Sternutatories, perpetual Blisters and Issues, assist both here and in other nervous Cases.

*R. Spir. Nitri Dulc. Tinct. Ellebor. a Drach. ii. Tinct. Castor. Drach. i. m. Sumat. gut. 40 ter in die. Or R. Sal. Prunel. Drach. iv. Rad. Ellebor. Nig. Drach. ii. Sal. Succin. Scrup. i. m. f. Pulv. in Partes xii. Aequales dividendus, Capiat Unam bis terve in die. Or R. Sacch. Alb. Sal. Prunel. a. a. Drach. vi. Ocul. Caner. Drach. iv. Camphor. Scrup. i. f. Pulvis*

*vis in Partes xii. dividendus, Capiat. Unam ter in die.*  
Such Alteratives agree in Madneſs as cool and abſorb  
the Bile, and gently evaporate by the Pores.

THE cold Bath is advantageouſly uſed once a Day,  
from *May* to *Auguſt*, not only to mitigate the In-  
fluence of the Summer Solſtice, but to forward the  
Cure itſelf. Remember to ſhave the Head, and to  
encourage a free Perſpiration in that part:

*Scurvy and Leprous Eruptions.*

THE Scurvy is peculiarly familiar in Countries or  
Counties where they breath a Sea Air, which gives  
us ſome light into its Cauſe.

IT is an ill Habit of the whole Body, with a ſtink-  
ing Breath, an Eroſion of the Gums, a Weakneſs of  
the Legs, Spots, Pains, Bleedings, and at length a  
Conſumption, called by the Name of the ſcorbutic  
Conſumption. It is moſt accurately divided into the  
cold and hot Scurvy, and this denotes the Cauſe of  
the Diſeaſe, and the Nature of the offending Salts,  
beſt of all.

IT is Hereditary, when we derive it from our Pa-  
rents; or it is Accidental, which happens from the  
fault of our Juices, by reaſon of the manner of Life  
and Diet which have been made uſe of, or the Con-  
tagion by which we receiv'd it: It is recent or con-  
firm'd, in which laſt the whole Maſs of Blood is con-  
taminated and corrupted, as appears by the Signs of  
the Degree of the Diſeaſe.

THERE is another Difference taken from the  
periodical



periodical Returns of it, namely, some are infested with it in the Spring, others in Autumn, and others again and never free of it. Diseases are always more readily known by coming to the Knowledge of the Seat of them; for how can the morbid Cause be known; how can Remedies be properly prescribed, and the Cure be perform'd, if the Part affected be not known?

THE main Seat of this Distemper is the whole Mass of Blood, which consists of heterogeneous Parts, which, however, so long as they enjoy an equal Harmony, and are mix'd in a certain Proportion, so long is our Body esteem'd sound: For from the Blood, our Spirits are separated, and so the Principle of Motion is preserv'd; but as soon as any one Principle of Motion predominates over the rest, the Spirits are greatly disturb'd, and Evils of all kinds ensue.

LET us now take a View of the Signs and Symptoms of this Disease: It is attended with a great Number of Symptoms, and is often mask'd in different Habits, of which some are observ'd in one, others in others; for it would be strange that one Person should labour under every Symptom that attends a Scurvy.

IN the Head we meet with Pains, Giddiness, Pal-  
sies of various Parts of the Body, the Colour of the  
Face is changed, the Teeth are often Black, or fall  
out, the Mouth smells, the Gums are painful, or  
swell and bleed upon the slightest Touch, and at last  
eaten away; they are affected with a Weariness all  
over them, and Spittings like a Salivation, do often  
attend

attend them; also Convulsions, and many more Symptoms, do afflict them.

IN the Breast we meet with Complaints of Difficulties of Breathing, without any Cough or Stuffing, a Palpitation of the Heart, a Disposition to a Consumption, Spittings of Blood, and Faintings. In the Abdomens, there are perceived Pains of the Stomach, Loathing, want of Appetite, swellings of the Hypochondres, and violent Cholic Pains: Then are also observ'd red or blue Spots, or inclining to a Blackness, which often end in sordid Ulcers or a Gangrene.

THEIR Waters are often pale, or thick and red, and in many you may observe the Salts swimming and shining in the Water. The smallest Heat, or the warmth of the Air, makes such Urine contract a Pellicule, or causes a Crust to swim on the Surface of it, and such a Condition of the Urine argues that a vast Quantity of Salts do reign in the Mass of Blood, and such Blood must be dense. Now it in general may be granted, that a saline Acrimony is the efficient Cause of all the Symptoms.

FROM whence the Blood erodes, and becomes dissolved thereby, and unfit for performing the Office of Balsamic and genuine Blood; it is, in short, Blood stocked either with acid or volatile Salts, both of which are strongly concentrated and become Caustic thereby; the latter produces Bleedings and Spots, and the former generally first thickens the Blood, and produces obstinate Obstructions: It is to these two Qualities we owe all the Appearances abovemention'd.

I shall now hasten to the evident Causes of the  
Scurvy;

Scurvy; and shall begin from the Air, which as it is variously changed and depraved; does communicate various faults to the Mass of Blood. A thick and cold Air is hurtful, inasmuch as it increases phlegmatic Humours in our Bodies, the Perspiration being greatly hinder'd thereby, and the Mass stagnating in many Places grows Viscid, and gives rise to this Disorder.

Too much Heat does also add acrimonious Parts to the Blood, and therefore in warmer Regions, tho' distant from the Sea, does frequently produce the Scurvy, curable by Oranges, and such like. It is also certain, that the Sea Air has a great share in causing the Scurvy. Salt Meats, or such as are salted or smoaked, as Herrings, and other Sea Fish, hung Beef, Hams, &c. Muriatics, cold Fruits, Pickles, and such like, do cause the Scurvy.

AND it is not to be wondered at that the Blood should partake of the Nature of our Victuals, since it is evidently amended by them, if justly observ'd; and we have not more agreeably Alteratives than our Diet, because we swallow them down with Pleasure; and in such as refuse Remedies, we have no other Method left us to work their safety by. Sugars do cause the Scurvy, because they contain a great deal of Acid in them.

SLEEP and Watching, exceeding their Bounds, do greatly contribute towards a Scurvy; for in such cases the Blood is either rendered too Acrimonious or too Viscid; in the one the Blood is stuffed with a great deal of tenacious Matter, because the Muscles are at Rest, and the Blood moves slowly in them,



which Motion would send forward, therefore does the Blood congeal and degenerate gradually into a Glue.

HENCE do the animal Spirits become gross, and few are separated; hence the whole Mass becomes a Dough, and the cold Scurvy ensues: But on the other Hand, watching renders our Juices thin and hot, and attenuates them, and then volatile Salts reign and produce the hot Scurvy. Motion therefore and Rest do cause the Scurvy, as Sleep and Watching do.

As for the Secretions, if they exceed, or are deficient, they greatly disturb the whole animal Economy: If they are retained, an evident Addition is made, which depraves the Juices, and causes Obstructions of various Natures; thus Women by a Retention of their menstrual Flux, and Men by a Suppression of the Hemorrhoids, do both dwindle into the Scurvy of one kind or other.

AND on the other Hand, if they become immoderate, their Spirits are exhausted, the Blood circulates slowly, it grows sharp, thickens, stops, and breeds Obstructions, so that it requires nice Observation in every Person to know which of the evident Causes do us good or harm, to know whatever relieves or prejudices us in our Non-Naturals.

AND hence arises that true Proverb, that a Man is either a Fool or a Physician at Forty; for at that Time he has certainly observ'd what agrees with him, or never will. Sadness and Frights do frequently breed the Scurvy, because they retard the Circulation.

THIS

THIS Disease in the beginning is not dangerous, because at that Time the Blood is not much depraved; but if it be suffered to lodge within us for any considerable Time, and if it be confirmed, then are the Blood, the Lymph and Spirits highly vitiated, the Bowels are tainted thereby, the Glands are obstructed, and it is a hard Matter to cure it; and even requires a Year's constant Application to root it out. However, it is certain, that a hereditary Scurvy is much the most difficult to be cured; and in general, from a confirmed Scurvy, Consumptions, Dropfies, Palsies, and grievous Gouts take their rise.

As for the cure of the Scurvy, as far as relates to Diet and the Regimen of the evident Causes, let the Air be clear and pure where the Patients live, let them remove far from the Sea-Side, for that is generally fetid and saline; let their Victuals consist of Meats of easy Digestion, and let them avoid salted, smoaked and viscid Things.

LET their Beer be medicated with Scurvy-Grass, Water-Cresses, Brooklime, Firr-Tops, Wormwood, Marjoram, Rosemary, Thyme, Mustard-Seed, and the like; and let them avoid too much Sleep, Watching, Motion, Rest, and such like Passions of the Mind as I have observed to be prejudicial, and this may suffice for the cold Scurvy.

BUT if the Scurvy be hot, then all Acids are conducive, as our common Sailors experience in the West-Indies, where their Blood, by being exposed to so much Heat, is made too Saline and Acrimonious: But perhaps there is an Acrimony in some People, which will not bear four Things, and then it is safe-

est to dilute well with fresh Water, or Water-Gruel, or Whey.

AND in all Acrimonies whatever, Water-drinking is certainly the most convenient; because should we be mistaken in the Species of it, we should do harm, but as either is safely and conveniently diluted, and carried off by Water, it is always safest to rely on it, as a certain Remedy for either; and even in the Leprous Cases, Water-drinking is one of the safest Reliefs we find, provided they refrain from Salt Meats, Flesh Meats, Wines, and fermented Liquors.

IF you boil Barley-Meal in sharp Vinegar, it will be Glutinous and Repelling, good to take off Scabs, and Leprous Eruptions are repelled by it; but these stubborn Scabs cannot be driven into the Blood without Damage, unless a Provision be made for the Humour to pass thro' some other Door; and therefore if we try this Experiment, we must give some certain Diuretic or Purge, frequently to receive and convey this malignant Humour out by the Kidnies or Bowels.

FOR this Purpose, take every other Morning as much of an Infusion of Sena as will move you thrice, and next Day take twenty Drops of sweet Spirit of Nitre in a Glass of Wine, twice a Day. If we wash Scabs of any sort with Salt Water warm'd, it will make them Scale off, because it contains an acid Spirit that closes up the Pores.

#### *Nephritic Pains, Gravel and Stone.*

NEPHRITIC Pains, or Pains of the Kidneys, are of two Sorts, to wit, the warm and the cold. The  
warm



warm is produced by the intense heat of the Air, by all hot Spices immoderately taken, such are Ginger, Pepper, Cloves, Cubebs, Mustard-Seed, Garlick, Onions, or by strong Diuretics, such are Tincture of Cartharides, of Millepedes; Oil of Juniper, Turpentine, and the like; by an abuse of Brandy; by long lying on their Backs, by violent Exercise, and by Suppressions of Blood, and other usual Discharges.

IN short, whatever occasions an Acrimony in our Humours, will hurry on this kind of Pain; Salt therefore and Salt Meats, and even a general fulness of the Vessels does often introduce it; they must avoid all these Causes, and over and above, they ought to use Glysters frequently, and a good deal of Oil; the first soothes, and the latter relaxes the Pain.

As for the cold Nephritic Pain, that is generated by the following Causes, to wit, a rainy, cloudy, cold Air, viscid Aliments, salt Fish, dry'd and hung Victuals, viscid Plants, and in short whatever will render the Blood salt and gross; for the Viscidities fit the Juices to stagnate in the smallest Vessels, and then the saline Parts exert themselves in pricking the Membranes.

IN case of the Stone, the earthy and viscid Parts swim united together in the watry Part of the Blood; the Viscidity of the Juices, and the Minuteness of the Diameter of the Gravel, are easily suspended in the Blood, till they meet with a straitened Channel, or till they accumulate and stop up the Kidneys.

THE Coagulations and Stones in the Kidneys and Bladder, are probably small earthy, sandy, and vis-  
cous

cous Particles fasten'd to one another, as they meet in divers Places, and dried by the heat of the Body, much after the same Manner as a Tile is a clammy Earth, but dried by an excessive Heat.

**R**IE Bread without Barm, made only with Leven; Fruits, such as Cucumbers, Melons, Pompions, Chestnuts, and the like; a sedentary Life, long Sleeps, especially such Naps as are taken after Dinner before the Victuals are digested; and lastly, Passions of the Mind: These are the evident Causes which Patients are to avoid in Nephritic Cases.

**T**HESE Pains are the common Attendants on old Age; 'tis hard that Age should be followed by Infirmities of this kind, because they cannot move enough to get rid of them. I shall moreover add, that whenever you perceive somewhat fatty to swim upon the Water, or that the Urine is muddy, you may immediately guess how necessary it is to apply proper Remedies, or you must expect to incur the Risque of these Pains.

**O**NE Cause of the Diseases of the Kidneys, is a Compression of them; and certainly in a studious or writing Life, the Body is kept bending downwards, the Bowels then are pressed together, and consequently the Kidneys, their Ducts are straitened, and a free Passage is denied to the Fluids, much more to the small Solids.

**G**RAVEL is caused by small Atoms of stony Matter gathered together, and united by Viscosities in the Blood, and then these Concretions stick to the Kidneys, and more is added daily: There are few who  
have

have not this stony Matter in their Veins, but that some are so discreet as to wash it down.

For which Tea is famous; for the actual Warmth contributes to make it enter readily into the Vessels, and makes it attenuate readily: Hence it appears that a discreet use of Diuretics is convenient for the Gravel; but that too great use of Tea will bring on a Diabetes, and a Debility of the spermatic Vessels.

COFFEE is excellent against the Gravel, whether it be, that the Matter of the Gravel is furnished by the Stomach or from the Blood; this Liquor that corrects the vitiated Digestion of the one, and that Purifies the other, cannot fail of being proper for preventing this tormenting Disease. Remedies capable of dissolving the Coagulations and Stones which are found in the Body would be precious.

ANATOMISTS have met with Stones in the Glands of the Mesentary, in the Veins, in the Arms, in the Tongue, and in the Heart. To those who have the Stone, give a Decoction of Juniper Berries, Ginger, Millepedes prepared with the Spirit of Salt, and emollient Decoctions of Mallows, Marsh-Mallows, and such like.

*Spt. Nitri Dulc.* is the most promising, and at the same time the safest Menstrum hitherto discovered for dissolving the Stone in the Bladder. It may therefore be given freely for this Purpose, mixed with proper emollient and diluting Liquors.



*A large Stone in the Ureters.*

IF a Person be afflicted with a large Stone in the Ureters, the Indications arising is to expel it, being a superfluous and extraneous Body; but as that in the present Supposition becomes impossible, therefore Expulsion is dangerous in a reduplicative Sense: But if we consider the Affair on the other Hand, and apply Remedies proper to enlarge the Ureters, the Stone then moves; so that *Barbette* saying, *Calculus-magnus non movendus*, only must mean 'till Emollients, Laxants, Anodynes, and Dilaters of the Passages have been used; and thus it falls out, that total Suppressions may be remedied, if after the Passages are enlarged, Diuretics, &c. are used.

*A Stone in the Kidney, and Vomiting.*

IN a case of the Stone in the Kidneys, vomiting is a constant Companion; and tho' it be a Symptom, and consequently dependent on the rude Shock of the Nerves of the Stomach, communicated to them from the Renal Plexus; yet what Advantage can the Sick receive by Medicines which he can't Retain: Hence appears the necessity of Paregorics to be given, either alone or blended, in order to allay the Spasms, and gain a Truce for such to be thrown in, and sent into the Mass of Blood, as may Glib the Passages, and Relax them to such a Degree, as that the Stone may slip into the Bladder.

*A Stone in the Kidneys, and Bloody Urine.*

IT is a common Accident to labour under a bloody Urine, from a Stone in the Kidneys, according to  
*Syddenham;*

*Syddendam*; and 'tis not possible to give any Medicine to curb this Hemorrhage, 'till the Removal of the Stone: If this then be an impossible Task, this Symptom will ever and anon Revive upon the least Motion; but if we can by smooth and glibbing Lenients, shove the Stone from the Part, that which became impracticable, is now easily accomplished. Relaxing Medicines are always safe and effectual; but stimulating Diuretics are improper Remedies.

*Stranguary and Dysury.*

THE Stranguary is a very painful Discharge of Urine in very little Quantities, as it were by Drops: There is an almost continual and painful Urging to make Water, and perhaps not a Spoonful comes off in several Trials. This is a tormenting Symptom to those that have it.

A Dysury, is a painful Pissing of a scalding Urine, whether the Quantity be more or less. This differs from the Stranguary in several Particulars. 1. Here is not that frequent and vain urging to make Water, as in the Stranguary; nor 2. A discharging of the Urine by Drops. But 3. Here is an Heat or Scalding of the Urine, which is not in the former.

THE Dysury, most frequently results from the same Causes which produce the Stranguary, viz. A Solution of continuity in the Bladder, or the Urethra from the Stone, Inflammations, Ulcers, or an Abrasion of the Mucus, appropriated to defend those Parts, from the Saltness or Acrimony of the Urine. Violent or long continued Exercise, or Epispastics may occasion them; and they are also Attendants in a Gonorrhea.

THE

THE Diet in both these Disorders should be Balsamic and Cooling, as Gruels, Mallow-Gruel, Panada, Broths, Whey, Tea, Marsh-mallow Tea, Linseed Tea, and such like ; and the Exercise must be moderate.

IN case of a Plethora or Inflammation, Bleed ; and let the Patient drink freely of Mallow or Marsh-mallow Tea, in which Gum Arabic is dissolved. Balsamic Diuretic and Lenient Cathartics are also proper ; and Manna dissolved in Whey is excellent.

WHEN Vesicatories cause those Symptoms, these Teas are proper, and a strong Solution of Gum Arabic in Water, will give speedy Relief. When they are Attendants in venereal Cases, they must be treated with regard to the original Distemper.

*Inflammation of the Reins and Bladder.*

INFLAMMATION of the Reins and Bladder happens when some of the Fibres composing their Substance are obstructed and tumefied.

THE Causes of it may be a Plethora or Cachochymia, violent Motion long continued, and hard drinking of spirituous Liquors. It may also be the Consequence of Falls, Blows, a Suppression of the Menfes, Hemorrhoids, and violent Paroxysms of the Stone.

THE Signs are a heavy Pain felt in the Region of the Loins ; and a Pulsation in the Parts inflamed. The Pain is encreased by Sneezing, or other violent Motions ; and the Patient lies with difficulty on the opposite Side, nor can he stand erect without great Pain.



Pain. If the Inflammation continues, there succeeds Vomiting and a Fever. If the Bladder be inflamed, the Pain and Pulsation are felt about the Os Pubis, and a Dyfuria attends.

THE Regimen and Diet must be Lenient and Cooling, as in case of the Pleurisy, Quinzy and Stranguary. Bleed, give Lenient Cathartics, Chicken-Broth, Whey, and warm Milk; Solutions of Gum Arabic, Emulsions, and oleaginous Medicines, are proper here; and Fomentations, Baths, and emollient Lenients, will be of Service.

If the Pain be violent, and the Inflammation increases, give gentle Anodines. If a Bruise or Fall have occasioned the Inflammation, give this Powder.  
*R. Pulv Rhubard. Spec. Diatrag. Frigid. Sperm. ceti  
 Lap. Hibernic. a. a. Drach. ii. f. Pulvis in Partes xii.  
 Æquales dividendus. Capiat. Unam ter in die, cum  
 Haust. Decoct. Pector.*

#### *Ulcers in the Reins and Bladder.*

AN Inflammation of the Reins or Bladder may augment so as to come to Suppuration, and form an Ulcer. The Fibres of them may also be lacerated, by any external or internal Violence, or corroded so as to suffer a loss of Substance.

THE Signs here are an Excretion of Pus, along with the Urine, which lasting long, shews there is an Ulcer in the Bladder, or urinary Passages. What part is affected may be known from the Seat of the Pain, which is felt either in the Loins, the Os Pubis, or Perinium.

WHEN

WHEN the Disorder lies in the Kidneys, the Pus is more intimately mixed with the Urine than when seated in the Bladder, where the Matter is more purulent, crude and changeable. If the Ulcer be in the Neck of the Bladder, or Meatus Urinarius, sincere Pus, without a Mixture of Urine is often voided.

IN case of Ulcers in the Bladder and its Neck, there is a continual Dysuria, and Pain in the Part affected; but when the Reins are ulcerated, the Dysuria and Pain attack but seldom. If the Ulcer be deep, and happen to corrode the Vessels, 'tis sometimes attended with a large Hemorrhage.

ULCERS, whether of the Kidneys or Bladder are difficult of Cure; and all Ulcers proceeding from internal Causes are accounted dangerous, so likewise are those of long standing, and happening in aged People.

COOLING Broths or Decoctions made with *Cons. Ros. Rub. Rad. Consolid. Glycyrrh. Sarsaparil. Fol. Althea, Malva. Pasul. exacin. Gum Arabic, &c.* are here proper; and a Milk Diet will be of great Service, being used along with proper Medicines.

IF the Patient be Plethoric, Bleed; and next give gentle Balsamic and Lenient Cathartics, either by the Mouth or Glysterwise. The balsamic terebinthinate Medicines are here likewise Serviceable, but omit all sharp Diuretics.

*R. Empl. Flos Unguent. Drach. vi. Calomel. Drach. dimidium, fiat. Pilulæ Mediocres. Sumat. v. bis in die cum Cochlear. iii. Solution. Sequentis.*

R.

*R. Decoct. Hord. Libras Duas Gum Arabic, Unciam Unam, Balsam. Copiv. Drach. vi. Sperm. ceti Drach. iv. Vitel. Ovor. Duor. Syr. Alth. Uncias iv. M. f. Solutio S. A.*

If a large Hemorrhage should happen, Bleed, and give proper Refrigerants, Astringents and Anodines. When the Ulcer is seated in the Bladder, use proper Injections; but if the case be Venereal, give Emetics of *Turpetib. Mineral.* or Salivate.

### G O U T.

THE Gout causes Pains sharp and durable. It consists in phlegmatic, saline, acrimonious Humours, carried by the Circulation into the Joints, where they overflow, being stopped by the Difficulty of passing thro' Places where the Channels straiten one another by their several Foldings. These Humours being collected together, swell the Fibres, tear and gnaw them; hence the Pains.

MILK drunk as it comes from the Cow, every Morning for the space of three Months, insensibly tempers the Sharpness of the noxious Humours by its Sweetness. Persons have been eased of the Pain by holding the Feet an hour every Day in warm Water.

If our Digestion be good, our Blood and all our secreted Humours are laudable, we have no Cholics, nor Pains at Stomach; nor are we troubled with Winds or Fluxes: Tea then, by helping that, cures these, or however is found of Benefit in them.

GOUTS and Gravel, are Children of Indigestion,  
and



and the early use of Tea has prevented such Numbers of both, that every Day will produce fewer. The actual Warmth contributes to make it enter readily into the Vessels, and makes it attenuate readily.

ALL Nations feels the good Effects of Coffee in the Gout, Gravel, Scurvy, and hypochondriac Disease; and we need not be surpris'd at it, since these Humours do proceed from a viscid, saline, and corrosive Blood, which want to be sweeten'd by such a wholesome volatile Salt.

COFFEE therefore is excellent against the Gout, whether it be, that the Matter of this Disease is furnished by the Stomach, or from the Blood; this Liquor that corrects the vitiated Digestion of the one, and that purifies the other, cannot fail of being proper for preventing Fits of the Gout and Gravel, and also the Scurvy, which are three great Diseases we are subject to.

SOME Persons, who were of a full Habit of Body, who have been gouty for many Years, have taken to drink Coffee, and have thereby staved off their Fits by Temperance and it, for by abating their Fat, it carries off the Redundance of Humours by Stool and Urine; and a Fit of the Gout depends on a certain Quantity of deprav'd Humours, which are carry'd off by Urine.

It is certain that sedentary Persons ought to indulge in Coffee, because sitting disposes the Blood to stand still, and the Posture retards the Blood's Motion to the Legs, and as it consists of volatile Salts, it necessarily promotes the regular Circulation.

WHAT

WHAT I have said is sufficient to convince us of the Truth of its being good in the Gout especially; because they who drink only Coffee, and not strong Liquor, seldom or ever are troubled with the Gravel or Stone, the Gout or Dropsy.

If by irregular living you have Reason to suspect a Gout, nothing provides better against it then the Tinctura Sacra; and they who are troubled with Fits of it, may now and then make free with a little of it before a Fit, or after one.

For it either prevents its Violence, or carries off the Dregs of one. But in this case, I strictly advise those who take this Tincture before a Fit, that they also take a little Glass of Snakewood-Root Wine once or twice a Day, to carry the Gout down to its usual Station.

If you have Distempers that affect the Head or Joints at certain Seasons, or upon the Changes of Weather, the Tinctura Sacra just mentioned is a sovereign Preservative. And if you have any Pains that are troublesome to the Legs, as scorbutic People experience, a gentle Vomit of Green Tea ought to be repeated Monthly.

*The Methods used in Symptomatical Translations.*

THESE are termed anomalous Disorders; and when any Person has labour'd under some Disease, which is reliev'd by a critical Effort, or however the Flux (or whatever Effort it is) becomes useful; if the Part discharging this Matter returns to its pristine Sanity, and the Matter which used to flow this way,

○

now

Now regurgitates into our Mass of Blood, and fixes upon some Noble Viscus, then the Translation is Symptomatical, and the Disease is termed Anomalous.

E. G.

If a Gout ( which is a troublesome Crisis to chro-  
nical Cases, as Sweats are to a Fever ) should retreat,  
and produce an humid Astma, draw Blood, give Ca-  
thartics, Blister the Patient, use Expectorants, and  
apply Sinapisms to the stationary Part of the Gout.  
If it seize on the Lungs with a Peripneumony, Bleed,  
Blister, and give Pectorals; and lastly, Podagrago-  
gicks to expel the Gout.

If it should leave the Joints, and seize on the Sto-  
mach, exciting violent Pain, perpetual Vomiting,  
loss of Appetite, and nauseous Eructations, and some-  
times a Sense of Cold is perceived in the Stomach,  
give a Mixture of *Tinct. Sacra*, *Elix. Salut.* *Syr. de*  
*Spin. Ceroïn. Spt. Lavend. Comp.* and *Ol. Junip. gut. v.*  
every third Night, to remove and expel these tortur-  
ing Inquietudes: Give stomachic Mixtures, and use  
external Stimulants. If it retreat to the Intestines,  
evacuate with stomachic Cathartics, and use internal  
and external Stimulants.

If it seize on the Brain, and form Epileptic, Apo-  
plectic or Lethargic Symptoms; Confusion, Giddi-  
ness or Pain of the Head, Bleed, Blister upon the  
Legs and Wrists, rub spirituous Embrocations upon  
the Head, use Plaisters of *Empl. Cephal. Galban. Ther.*  
*Venet. cam Ol. Sucas.* to the Soles of the Feet, or bath  
the Feet in warm Water, and give a warm stomachic  
Purge of *Tinct. Rhei Elix. Salub. Syr. de Spin. Cervin.*  
and *Spt. Lavend.* which will be of great use, by dis-  
charging



charging some of the noxious Humours, and adding new Warmth and Vigour to the Blood and Nerves.

## R H E U M A T I S M.

THE first cause of the Rheumatism, is a ferous saline Humour, superfluously abounding in the Mass of Blood, which by reason of its immoderate Copiousness and Acrimony, velicates and corrodes the membranous and muscular Parts of the Body, and so excites sometimes fixed, and sometimes erratic Pains, in Proportion to the Largeness or Minuteness of the containing Vessels, through which this vitiated Fluid circulates.

IN this Disease the Patient is afflicted with great Pain either in his Shoulders, Arms, Hands, Wrists, Knees or Ancles; in one or other of these Places. Rheumatic Pains may likewise be produced in the Viscera, and other Parts of the Body, as well as in the Limbs, and when they do so, they require the same Medicines and Method of Cure. These Pains are commonly violent, and are sometimes attended with a swelling of the Parts affected, and do often introduce a symptomatick-Fever.

ANOTHER Cause which will produce a Rheumatism, is preternatural Viscidity of the Blood, and Juices secreted from it; and this is the most durable Basis of this Distemper, for by it the Motion of the Blood is retarded and impeded, the Velocity diminished, and sometimes a partial Stagnation arises in the Vessels, or else the Quantity of the sily Fluid is too great to pass without distending the Coats of the Veins, Arteries and Capillaries, beyond their Capacity.

A third kind of Rheumatic Pains, is that which proceeds from Flatulencies, that is, too much Air or Wind in the Blood. These Pains may be distinguished or known from others by two Symptoms, viz. 1. By their shifting Places, being sometimes in one Part, and sometimes in another. 2. By their coming or increasing, when the Patient grows warm in Bed: By these Symptoms, we may be able to judge when Rheumatic Pains are produced by Flatulencies in the Blood.

THERE is another Species of a Rheumatism which observes a certain and constant Period in its Attack and Duration, and that is a convulsive or periodical Rheumatism, which we have often conquered by the Administration of the *Bark Flor. Camemel.* and *Sal. Absinth.* decocted in Milk Water, betwixt the Fits, as in the case of Intermittents; and sometimes by giving before the Return of the Fits, *Sal. Volat. Oleos.* fifty Drops in a little Mint Water, the Disorder has been cured by five or six Doses.

*A Rheumatism from the first Cause, with a Symptomatic Fever.*

IN the cure of this Rheumatism, we are to level at the Extraction of those serous saline Humours in the Blood which occasion it, without any regard to the Fever; for as the Pain abates, the Fever will diminish; for which purpose a Vomit will be of Service, to pump up the Filth from the Stomach, and pave the way for conducting Medicines into the Blood with greater Efficacy, to correct and evacuate the superabundant and vitiated Humours; as *R. Aq. Rutæ Unciam Unum Ol. Amygd. Amar. Drach. vi. Vin Emetic.*

*tic. Drach. iv. Oxytel. Scillitic. Drach. iii. Salis Vitriol. gr. x. m. f. Haustus Emeticus, hora sexta Vesperi Sumendus, Bibendo Copiosæ Decoct. Card. Bened vel Flor. Chamæmel. inter Operandum.*

Two hours after the Vomit has done working, give the following Draught going to Bed. *R. Aq. Laet. Aq. Flor. Chamæmel. a. a. Unciam Unum. Aq. Theriao. Drachmas sex Antimon. Diaphor. Scrup. i. Spt. Nitri Dulc. gut. xx. L. L. Syd. gut. xv. Ol. Junip. gut. v. Sacch. Alb. Drach. i. m. f. Haustus, hora somni sumendus.*

THIS Draught will raise a Diaphoresis, and Discharge some of the morbid Matter by the cuticular Glands, as well as by Urine. Let the Patient's Breakfast next Morning be Green, Bohea, Sage or Lemmon Tea; and put on clean Linnen before he gets out of Bed. The Day following give this Electuary.

*R. Eleet. Lenitio Conserv. Cynosbat. a. a. Unciam i. Cinnabar. Antimon. Æthiop. Min. a. a. Drach. vi. Milleped. pptæ Salis Prunel. a. a. Drach. ii. Salis Mart. Drach. i. Ol. Junip. Chim. gut. x. Syr. Bacc. Saumbuc. q. s. m. f. Eleet. Capiat quantitatum Nucis Castaneæ Omni Mane, & hora quarta Post Meridian. Superbibendo Uncias vi. Tea tepide Trifol. Palauſt. Ebule preparatæ et Sacchar. Albis. Edulcatæ pro Sapore.*

DURING this Course eat little Flesh, and forbear Malt Liqueur, and when the Violence of the Dystemper begins to lessen, purge with Calomel and Pulvis Cornuchin, every fourth Day, for three Times cum Regimine;



Regimine ; and if after this, the Patient does not find a manifest Alteration for the better, let twelve Ounces of Blood be taken from the Arm.

AND if the Pain rages more in one particular Part than another, apply a Blister to the Part, if it is not on the Trunk on the Body. Embrocations of *Ol. Lumbricor. Ol. Succin. Spt. Vini Spt. Lavendul. Comp. Camphor. &c.* are proper. Or *R. Empl. de Cymn. Diach. Simpl. Galban. Colat. Theriac. Venet. a. a. P. E. Camphor. Scrup. i. m. f. Emplast. parti dolore Affecte Applicandur.*

*Acute Rheumatism, from an inflammatory Viscidity of the Blood.*

THE cure of this may readily be affected by diluting, refrigerating, and evacuating Remedies. Give Sudorifics, Diuretics, and Diluters to liquify the dense and viscid Particles of the morbid Humours, and force them out of the Blood by the cuticular or urinary Passages. Bleeding will be of Advantage, and Diluting is the grand Intention in the cure of this Rheumatism.

To promote and dispel the obstructed Perspiration, and conquer the morbid Fomes, the following Bolus with diluting Liquors will be of singular use, and of great Efficacy.

*R. Bezoar. Mineral. Laet. Sulph. a gr. xii. Pulv. Rad. Serpentur. Virg. Salis Prunel. a. a. gr. vi. Camphor. Sal. Succin. a gr. ii. Ther. Androm. q. s. m. f. Bolus, secunda quaque hora Sumendus, Suerbibendo haustum Teae, tepide Limon. & Flor. Chamemel. prep. et Sacchar. Alb. Edulcat.* Continue

CONTINUE their use for five or six Days, 'till the Fever abates, and part of the viscid and morbid Humours be liquified and discharged by the cutaneous Passages; and even thro' the whole Course of the Fever, drink small Teas to dilute and destroy the too obstinate Cohesion of the peccant Particles, and fit them for a Conveyance out of the Body by the Emunctories.

WHEN the Fever is entirely gone, and the Rheumatic Pains continue, these Complaints are to be treated as if they had been original without a Fever. When from an acute Rheumatism, a Chronical one ensues, *Cinnabar. Antimon. and Sulph. Vivum*, are sovereign Remedies, and the grand Correcters of Rheumatic Impurities.

*R. Conseru. Cynosbat. Uncias ii. Cinnabar. Antimon. Unciam i. Sulph. Viv. Drach. iv. Ocul. Canor. Scrup. iv. Olei Sassafras gut. x. Syr. Limon q. s. m. fiat Elektuandum, cujus capiet quant, Nuc. Castan. bis in die, superbibendo haustum Thea Virid. Vel Tea cum Salviae prep.*

If according to Expectation the severity of the Distemper, upon the use of these Remedies, does not manifestly abate, Bleeding to ten or twelve Ounces will very much promote the Cure, and the cold Bath last of all, will be serviceable.

*Chronical Rheumatism from a cold Viscidity of the Blood.*

A Chronical Rheumatism from a cold viscid State of the Blood and Juices, does frequently exert its Violence sometimes in one, and sometimes in many Parts of

of the Body, without any feverish Symptom. The last mention'd Medicines for the Chronical Rheumatism proceeding from an acute one, are proper also in this purely Chronical one.

### The C U R E.

To dilute and convey from the Blood the too adhesive and noxious Particles, are the two grand Articles necessary to subdue the Tyranny of this common Disturber of human Quietude; and in order to this the following Remedies will speedily and safely contribute.

LET the Vomit and diaphoretic anodyne Draught already mention'd, be first given. The next Night give a Calomel Bolus, and a purging Draught the Morning following, such as Syddenham's purging Portion.

WHEN this Purge has been twice or thrice repeated, the following Electuary will very much contribute to correct the vitiated Humours in the Blood and Juices, and invigorate the languid Mass with a more free Circulation, viz.

*R. Conserv. Anthos Conserv. Absinth. Rom. a. a. Unciam i. Sulphur. crud. subtilissime Pulveriz. Drach vi. Mars cum Tart. pp. Drach. ii Z. Z. in India condit. Drach. ii. Ol Junip. gut. vi. Syr. Violar. q. s. f. Elect. Cap. quant. Nuc. Castan. omni Mane, et hora quartâ Post Meridiana, superbibendo Uncias sex Infus. Salvia vel Dec. Lign Sassafr.*

Two Spoonfuls of the following bitter Chalybeat Infusion,



fusion, an hour before Dinner, will help to promote the successful Operation of these Medicines; and the same may be repeated at any Time when faint or low spirited, or in loss of Appetite, not only in this but in many other chronic Cases.

*R. Decoct. vel Infus. Amar. Libras ii. Tinct. Mart. Mynsich. Drachmas iv. M.* If the Body be not soluble add *Elixir Propr. Tart. Drachmas ii.* In loss of Appetite, Indigestion, Faintness, or low Spiritedness, give two or three Spoonfuls in a Dish of Tea.

AFTER the Electuary and Infusion have been used for ten Days, open a Vein; and if after that the Pain continues violent, apply a Vesicatory to the Part, which is sometimes used with Success. Lastly, the cold Bath, or bathing in the Sea, will be beneficial.

*Pains to Alleviate; with the Virtues of Opium.*

OPIMUM appeases Pain by relaxing the Fibres, so that they can hardly admit of being further relaxed, and then no Stimulus or sharp Thing can make the Nerves tremble, without which Motion there can be no Sensation: The Sense of Pain cannot be more sharpen'd than by sharp Particles insinuating themselves between the Interstices of the Fibres, where, being put into Motion, they heat and cut asunder wherever they are fixed.

Now Opium retards their Motion, blunts their Edges, and relaxes the Fibres, so that the Effects of these acrimonious and pungent Bodies are prevented, and no Pain ensues; nay, Bodies that are sulphureous and smooth, are always observed to abate Pains,  
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to blunt the Fierceness of Salts, as well within us as without us, as is seen by Experiments; for we observe so sharp a Salt as Spirit of Nitre, to be sweetned, and its Sharpness to be abated by Spirit of Wine.

AND Practice makes us know, that these Bodies that are oleous and viscous do obtund Pains in the Ears, Teeth, and elsewhere; with this Difference, that Opium ceases to act in six Hours, but acts more quickly, whereas all the Obtunders act very slowly and gradually, but then they keep the Ground they gain.

ANOTHER general effect Opiates have, is to cause Sleep, where excessive Watchings cause Pain; or on the other Hand, where Pain causes Watching, by the sharpness of the Humours, or excessive Motion of the Spirits; Opium by taking off the one, the other ceases of Course.

FOR it obtunds and checks any excessive Hurry of the Spirits; sometimes it eases Pain, when it does not cause Sleep, because Sleep proceeding from the Hurry of the Spirits being allay'd, the Pain may be appeas'd, and yet the Hurry may not be quite allay'd.

OPIUM is greatly used in stopping all Secretions; for it appeases Irritations, and most Discharges are produced from that Head; from this Quarter happens it, that Defluations in Coughs, and Bleedings do attack us, and for the same Reason does it stop Fluxes of the Belly.

It is looked upon as a provoker of Sweat, because it takes off the spasmodic Contractions, opens or relaxes

laxes the Pores, so that the most minute Passages being opened, the steams find an Exit, and then the volatile Parts it contains excite a brisker Motion in the Fluids.

It is commended, as of certain Benefit to Diseases of the Head, arising from a furious Motion of the Fluids there, and therefore is it constantly in use in Phrenzies, Madnesses, and the like Cases; and it cures, as well as prevents Epilepsies, if join'd to Cinabar of Antimony.

It is an excellent Remedy for convulsive Pains of the Belly, and hypochondriac or hysteric Fits, and it is highly in use in Hickups, to which it is almost a present Relief, because it composes the irregular Hurry of the animal Spirits, and obtunds the too great sensibility of the Parts; and it relieves Pain of any Kind, such as those of the Kidneys, Joints or Feet.

It ought to be used in all epidemical Fluxes, whether of Blood by the Nostrils, by the Lungs, the Stomach, the Intestines or the Womb, or of any other Juices that flow forth: It stops Vomitings, Fluxes of the Belly, bloody Fluxes, and excessive Purgings.

It is good in Catarrhs, dry Coughs, which proceed from a sharp and saline Humour; nay, it is even good in any sort of Fevers, to allay Anxieties and Restlessness, and to procure Sweats, if it be judiciously administred.

It is often used join'd with Physick, because it appeases



peases Pain, and then carries off the cause of the Disorder; but whenever Opium is mix'd with a Purge, the Dose of the purging Medicine must be augmented to at least a quarter part more then usual, because the Opium would otherwise blunt the Physick, and it would be a Question whether the Physick could work at all. We use it also outwardly to appease Pains, but it is not to be used promiscuously, caution is required in its use. As to its Virtues, it is Binding, it gives Sleep, eases Pains, and provokes Sweat.

IN acute Diseases, if it be used, it ought to be in the beginning or increase of the Disease, whilst the Strength of the Patients, and all their animal Faculties are in good Plight; while the Pulse and Respiration do mutually correspond with each other in an uninterrupted Manner. Opium is a good Medicine and convenient, but if the State of the Disease, or a Crisis approaches, it ought not to be administred.

WE must have a principal Regard to each Person's Constitution, unless we have a Mind to mow down Patients; for where there is a Viscidity in the Humours, or a want of Juices, we must be sparing in its use, because the animal Spirits are few in such Patients, and they go off a Sleep.

WHEREFORE in Apoplexies, Lethargies, Palsies, and in Diseases springing from a gross Matter, in Difficulties of Respiration from Phlegm, in a Dropsy of the Breast or Belly, and such like Oppressions, we must avoid its use.

IN cold Diseases, where the Pulse is weak, and a Heaviness of Head afflicts your Patiens, it must be forborn,

forborn, because such People rarely have any acute Pains on them; but if they should, then a small Quantity may be afforded: Opium is not to be used in Obstructions of the Belly, or in Costiveness.

NOR in Suppressions of Urine, because it blunts all Irritations whatever; wherefore among so many excellent Drugs as are found in use among Physicians, Opium may justly claim the Preference over most of them: It is a Panacea for Numbers of Diseases, performing Wonders on Mankind.

OPIMUM therefore is not to be rejected, because it is found to stupify, when there is an absolute necessity for a Patient to be void of Sensation for a while: Pain is a Circumstance, that obliges us to stupify or to suffer our Patients to die; it must follow therefore, that they who decry Opium, must have erred in giving it in too large a Dose, or in a disorder that could not bear its use.

BARLEY Meal made into a Poultice or Plaister, with Vinegar and black Pitch, is used for Pains of the Joints and Defluxions upon them; for then it sticks close to the Part, and serves as an interceptive or a straitner of the Vessels, which being too wide, give way to a settling of Humours upon them. This Meal with Oxymel, abates Pain and allays Inflammation.

*How to cure frozen Parts, and frozen Fruit.*

IT frequently happens in severe Frosts, in Denmark, Norway, Sweden and Muscovy, that People's Extremities Gangrene and fall off, with the Excess of Cold, or however, the Parts are often benumb'd with the

the Cold ; the first Effect is produced in the Fibres, and the continuance of it propagates its Consequences into the Blood.

WATER takes out the Frost from Bodies ; and for this Reason it is agreed on by all Practitioners, to plunge the benumb'd Parts into cold Water, before you approach the Fire, or before you bathe the Parts with hot Stupes.

FROM all which it appears, that Parts freeze from some sharp pointed Particles, like Daggers entering the Pores and Skin, and cutting off all Communication between the Vessels every where, which also at last affect the Blood, and congeal it.

IF then these Particles be saline, they will be dissolv'd in Water, as all Salts will ; we must then be convinced they are Saline, because Water dissolves them, and when they are dissolved and washed off, then is it safe to approach to the Fire.

BUT not till they are dissolv'd by Water, because fire gives Motion to these Salts, and they tear all asunder where they are fixed : By this Reason some Appearances are easily solved, which otherwise would remain a secret.

WE find upon a severe Cold seizing on our Fingers, that as soon as we come near the Fire, and grow warm thereby, our frozen Members begin to swell and to tingle, and even smart violently, if no further Damage ensues : Now the Fire is so far from melting down these hard Salts, that it exhales their Moisture, and makes them much harder and more rigid. It



It also gives Motion to them, so that they are tossed on all Sides, and tear, or at least press sharply upon the Fibres, and give such exquisite Pain, as to draw the Humours forcibly thither, and so heave up the frozen Fingers or Toes into a large Size.

THEREFORE if these Salts are first dissolved by Water, all the inconvenience is prevented, you may presently approach to the Fire, or use warm Cloaths to the Parts, and they will recover: This Property of Water is evident in frozen Rivers, where as soon as Rain bedews them, the Frost disappears in an Instant, and the Ice melts into its former Shape.

IN the Northern Countries they cover the frozen Members with Snow. A Man half dead with Cold has come to himself again, by having been plunged into cold Water, and then put into his Bed, where by the Means of a diaphoretic Draught, he was thrown into a gentle Sweat.

PUT Fruit that is frozen into cold Water, in a place a little Warm; the cold Water reestablishes them in their former State, by putting their Particles into a moderate Agitation.

THEY would spoil near the the Fire, because the Fire which would melt their frozen Juices too suddenly, would at the same time bruise the Fibres, change them, and by that means render the Fruit insipid.

*Critical Swellings, Boils, Buboës, and Apostums.*

BUBOËS arise ( in malignant Fevers, or the venereal Disease ) as often as the vitious Blood stand still  
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in the Glands of the Groin ; and I conclude, that this is the case, because any Bubo that is not fix'd may be discus'd or dissipat'd, which could not be if the Blood were extravasat'd ; but the original and prime Cause of such an Inflammation must be sought for in Cold, which as in a Catarrh straitens the part affected ;

AND so hinders the Circulation of the Fluids into or thro' the particular Part, or even fixes a stimulous or sharp Points into the Fibres ; so that when we hear the Patients complain, that they have got cold in such a Part, they must be understood in one of these Senses, that is, that the Part where they got cold is either straiten'd or stimulated, both which Cases are attended with dismal Consequences.

IF the Blood so stagnates as to be impassable, it breeds an Impostume, which happens from the Blood and Glands being at one and the same time in Fault ; the first by its Grossness and intestine Motion, and the latter Straitness. This intestine Motion is rais'd from hence, that inasmuch as by the close Friction the Parts which are united are seperated, they begin to heat and swell, and turn at last into Matter.

THE Pain is a necessary concomitant of Suppuration, because the Salts are extricated, and they stimulate the Fibres into lively and troublesome Contractions, which therefore must be milder or stronger, as the Salts are stronger or weaker, and therefore does the Inflammation, as it pertakes of Salts, become either mild or fierce :

So that either the Inflammation approaches to a true Inflammation, or to an Erysipelas, when the Humours  
are

are very Acrimonious. Wherefore the volatile and acrimonious Salt swimming in the Lymph, enters into the Glands, pierces them, and occasions Irritations, Pains, Swellings, Inflammations, and at last Impostumations.

If you have a Patient that has been sick of a malignant or pestilential Fever, and the Fever turns into a Swelling which inflames, this Swelling being critical, as Physicians call it, or useful to carry the Fever out of the Blood, it should be encouraged, and broke as soon as may be.

BUT in all inward Inflammations, as in the Stomach, Guts, Pleura, Lungs, Liver, Kidneys, &c. these are never to be broke, but dispers'd, if possible, by a low Diet and plentiful Bleeding; therefore Panado's, Water-Gruel, thin Broths, Emulsions and Pisans must be their Diet and Drink, to prevent an Abscess, which seldom can be cured.

*Directions for opening Abscesses.*

WHEN you would open Abscesses or Apostums, always open lengthways of the Muscles; for Example, in the Head according to the Hairs, in the Palpebræ, Transverse, in the Temples, Nose, Neck, Breast, Back, Arms, Legs and Joints, lengthways; in the Inguen not deep; on the side of the Belly, obliquely; on the middle of the Belly, lengthways. Take care of a Nerve, Tendon, great Vein or Artery.

THE Apperture is to be made where Suppuration is not expected, where the Matter is corrosive, and is

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apt



apt to corrupt the Bone or Tendons, where it lodges on a noble Part, where it is near the Joint, and where it is a critical Abscess. In large Apostums the Caustic is better then the Launcet, and most advantageous, and there will be no occasion to cram in Tents or Dossels to keep the Lips of the Wound distended.

*Ulcers with Inflammation.*

IF an Ulcer, by any external Accident, has been much Irritated, even so far as to raise a violent Inflammation around it; the Remedies intended for the Ulcer, avail little to this new Accident, which must first be attacked by Remedies proper for the Inflammation; and when that is relieved, and not 'till then, will the cure of the Ulcer go forward.

THE Flower of the common Beans boil'd in Water, up to the Consistence of a hasty Pudding, and mixed with Vinegar, a little Grease, and apply'd warm, is an excellent Cataplasim against Inflammations from Wounds, or in the Breasts, Testicles, or any part of the Body.

*Tendernefs and Weaknefs how helped.*

FEELING Cold is a Sign of Weakness: It is usual with weak Persons to feel every Alteration of Weather; their Fibres are too high strung, and the least stroke of Air upon them makes them move and shiver. Such People are as impatient of Heat, as they are incapable of bearing Cold; the true Reason of which Appearances is seated in their Fibres.

AND there is a short and easy Method to harden  
such



conveniency in such an easy Remedy, that as soon as you leave of drinking, you cease to Vomit; and in the other Case, if you go more sparingly to Stool than usual, then will you be troubled with Cholics.

AND to avoid this, as also to assist Nature in her Duty, you may take one Ounce or two of the Tinctura Sacra, which is the best and easiest, as well as the gentlest Physick that can be taken, for it is an agreeable Bitter, and never Gripes. This Method takes of all Fulness of Humours, and prevents a great many Disorders.

IN moist Weather our Diet ought to be dry; for drinking, especially weak Liquors, heaps up too much Moisture, and both our Concoction and Juices will be too watry; whereas Moisture shuts our Pores, and we retain above half of the Steams we should exhale; to Balance which, we ought to drink less.

AND moreover, we risque Defluxions and Coughs, for in moist Weather we weigh heavier, and this we are sensible of by complaining of a Drowsiness in such a Season: This Complaint then is but a Consequence of our Pores being stopt, and is an Argument of our Weight increased.

DIET must be opposed to our sickly Constitutions; therefore a hot Diet must be given to phlegmatic Persons, a cool one to choleric and warm Bloods; and for this Reason a loosening Diet must be made use of by the Costive, and a binding Diet to such as are apt, upon all Occasions, to be loose.

A thirsty Constitution should forbear hard Labour  
as



as well as flesh Meat, and should gratify their Thirst with Water and Wine. Labour forces off all thin Humours, and makes the remaining gluish and clammy, and Flesh becomes jelly at last: Upon these Accounts we have nothing to do but dilute, if we will continue this Method.

AND all the World knows what Mankind does by putting a Strefs upon Nature; this is erring for the sake of mending; it is expected that Reason shou'd get the better of our Appetites, if we wou'd aim at long Life. How can a Method of Life please such, who know that the Consequences will be a Dropsy.

IF you Eat much, you must Work or Exercise much; and if you use much Exercise, you must Eat heartily: Eating without Exercise is cramming, and it is like fattening for the Shambles; for we must fall a Sacrifice to Excess, and die with Fat: As Exercise then without Victuals will consume you, so Victuals without Motion will fill your Veins with gross Humours.

LEARN to know your Constitution; all Men know in Time what they can bear, a great many Things we like which don't agree with us, and others we are indifferent for agree well enough; the same should be observ'd in Physick as well as in Diet: Short Necks can't bear Vomits; fat People rarely bear Bleeding well.

AND you ought to know this for your own Good, because if ever you are seiz'd with a Fit of Sickness, you must give a perfect Account of this to your Physician, who will discover great Things by it; many

Drugs may be proper for your Disease, that will not agree with you, and if you have not observ'd this, he may do you harm without his Fault.

THE Air, the Diet, the Exercise, the Sleep of Mankind, the Passions of the Mind, are so to be manag'd, as to contribute to make our Solids and Fluids to have an exact Poise: If our Fluids be too moveable or too sluggish, then they will bring on Fevers or Ill-Habits; and if our Solids be too strong or too weak, they will either drive all the Fluids into Air, or make a Paste of them.

It is therefore convenient for those that will be sure of this Medium, to consult every now and then, while they are seemingly in Health, their usual Physician, who out of Friendship, will not fail to advise proper Changes, and lead them by the Hand into a healthful old Age.

### Of POISONS.

SOME Poisons are Corrosive, some cause Obstructions and others bring on Death by a calm Sleep, as the Venom of that sort of Asp with which *Cleopatra* was bit.

THE first are probably compounded of sharp, solid, and cutting Parts; the second of more gross and stony Parts, and the other of viscous Parts which deaden the Action of the animal Spirits.

LIGATURES, Incisions, Caustics, Vomits, Oil-Olive, hot Water, Venice Treacle, Juice of Lemmons, and Baths, are all proper Remedies against Poisons,

Poisons, and the Bitings and Stingings of venomous Creatures.

If any one has eat too many Mushrooms, and is thereby blown up at the Stomach, or breaths very short, or any other Damage shou'd ensue, a Vomit ought to be taken, or a little Physick to carry them upwards and downwards, and then fixed or volatile Salts, or Wormwood Wine shou'd be taken to prevent their Consequences.

PEPPER is necessary to be taken to correct the thickness of the Blood, which is occasioned by these poisonous Products of the Earth, (Mushrooms) they springing out of rotten Threads of Plants: Nay, in case Opium should produce any ill Effects, Pepper is a proper Drug to insist on against its Inconveniences.

THERE are Berries which Children are often deceiv'd with, and which are beautiful and pleasant; they are the Berries of Night-Shade; they are poisonous and make them rave: When you have vomited these up again, if help is called time enough, give them Pepper in all they take; it corrects the bad Effect of the Berries.

*Bite of a Viper or Adder.*

THE Bite of a Viper is cured, 1. By a Ligature; the Ligature hinders the Poison fram spreading.

2. By opening and immediately applying the Animal to the Bite. The Poison, which meets with some Obstacle in the Wound, and an easy Retreat into the Pores of the venomous Animal, returns thither.

3.



3. By the heat of a red Iron, which is brought within a certain distance of the Wound. The Heat attenuates the Poison by its Action, and dissipates it; and it is exhaled the more easily, because the Heat drives away the Air from about it.

4. If the Poison of the Viper has had time to spread itself and prevail, one may eat the Heart and Liver lightly broiled. They absorb the Poison, and dull its Action by receiving it into their Interstices.

#### *Bite of a Mad Dog.*

THE Bite of a mad Dog is an envenomed Spittle, compounded of subtle, solid, fiery, saltish, inciding, corrosive Parts. Dogs are more subject to this Distemper than other Animals, because they never Sweat; their Blood being through the want of Sweat far from purifying itself, is charged with gross and heterogeneous Particles, which fermenting infest the Spittle, and cause Madness.

THIS terrible Malady is accompanied with a strange Thirst, and an Hydrophobia or an invincible aversion to Water. This Liquor probably augments the Pain of the distempered Person, by agitating the venomous Salts with which the Throat, Œsophagus, and Stomach of the Patient are impregnated.

WHEN one is Bit, the poisonous Spittle of the Mad Animal flows into the Blood. Then Ligatures, Scarifications, Cauteries, and repeated Bathing in fresh Water, but above all in the Sea are effectual.

When we make a strait Ligature above the Wound,  
suppose

suppose the Arm or Leg, it puts a stop to the Circulation, and therefore the Poison can't spread.

WHEN we scarify so as to lay open the Flesh round the Wound, we turn aside the Spittle from the Vessels, and give it a Passage to issue out with the Blood.

WHEN we bring a searing Iron near the Wound, and hold it there as long as the wounded Person can bear it, the Agitation of the igneous Particles attenuates, expresses, and dissipates the venomous Parts.

BATHS cause Evacuations by the way of Urine, which carries off the Poison. Besides these Remedies give Courage, and banish Fear which may contribute towards corrupting the Blood.

THE Decoctum *ad Morsum Canis Rabide Bateana* is admirable, so as to prevent the ill Effects of a Bite; but if the least Symptoms once appear, I fear all Remedies will come too late.

### *Contagious Distempers.*

IF we design to avoid malignant and epidemical Fevers, we must study to amend the fault of the Air by external Steams; we much dilute much and obtund; our Diet should consist of mealy, mucilaginous Victuals and Drink, such as Rice, Wheat, Oil, Milks, and the like; we should manage moderately as to Exercise, Sleep, Passions, and our Secretions, to incline towards a free Perspiration, to make Nature answer once a Day, and to live chearfully.

THUS far may we prevent or cure malignant Fevers

vers by the Six Non-Naturals; wherefore when such malignant Fevers reign, and you are Apprehensive that you may be seiz'd, take gentle four Things moderately, such as Apples, Currants, Oranges, and such like, that the Blood may not rise into Effervescences. A Spoonful of Vinegar taken every Morning corrects sharp and hot Choler, and is of great use.

LASTLY to preserve your self from contagious Distempers, do not swallow your Spittle, for the Poison is attached to it. Cinnamon being wore upon the Stomach is a good preservative against Contagion. A Dram or more of Mithridate taken every Morning is an excellent Preservative; so is Rue and Walnuts beaten together, and the Camphorate Electuary in *Quincy*.

AN excellent preservative against Distempers in general is a regular Diet, with a pleasing Tranquility, and a moderate Exercise of the Body. Exercise prevents and dissipates noxious Humours: And doubtless, the Care of Life, ought to exceed that for our Estates; of all Possessions, Life being the most valuable.

THE chief preservatives against all Distempers to which we are subject, are Temperence, Air, Diet, and well chosen Exercise, with suitable Evacuations; and as these Things will continue the Balance of Health in an *Æquilibrium*, the contrary must destroy it. By these Rules, strictly observed, the first Fathers of Physick, both of *Grace* and *Rome*, effectually vanquish'd Distempers, ignorant as they were of Natural Philosophy, the Animal *Œconomy*, Pharmacy and Chymistry.



*A palliative Cure.*

THE primary Distemper is always abated, by mitigating the Symptoms thereof; therefore whatever removes the Symptoms almost at the same time, relieves the Distemper; now the chief of these are Thirst, Watching, Pain, and fainting Fits.

THIRST, occasioned by the Dryness of the whole Body, is abated by frequent plentiful Drinking, of a thin, watry and mealy Liquor, made grateful by something Acid; also by a thin Decoction of Barley, Oatmeal, Bread, Whey, thin Veal Broth, small Beer, Sage Tea, with Juice of Lemmon, Lemmon Tea, a Decoction of Apples, or Cyder Whey; and lastly by Baths and Glysters.

THIRST, occasioned by the Dryness of a particuler Part, as of the Mouth, Tongue or Gullet, is appeased; first, by the abovementioned Means; secondly, by Gargarisms, and often washing the Mouth; thirdly, by opening the Glands and Passages by Fomentations that are Relaxing, Moistening and Aperitive.

WATCHING, occasioned by too much Dryness, is altered by Food, Drink, and Bathing with emollient and relaxing Things, as Mallows, Henbane, Lettice, &c. if it proceed from Sharpness, that is to be corrected; if it arise from too violent a Motion of the Humours upon the Brain, the Cure is performed by Derivation, Baths, and Blisters applied to the lower Parts; and at the same Time, Repellents applied to the upper Parts, as Vinegar, Oxycrate, *And. Ung. Populn.* But if Watching principally proceeds from too great Motion of the Spirits, give Opiates, evacuating

cuating and diluting Medicines having first preceded.

PAIN, as a Symptom is eased; first, by diluting and correcting what is Sharp, with a warm Decoction of the Grains, Fomenting, and Baths of warm Water; secondly, by diluting and resolving Obstructions the same way, and resolving Medicines; thirdly, by relaxing the Nerves with Drinks and Baths made of moistening, softening, and anodyne Medicaments; fourthly, by blunting the sharp Humour, and relieving Obstructions from too much pressure of the Humours; lastly, by dulling the Sense, by Narcotics externally and internally.

FAINTING Fits occasioned by stagnating Humours, or violent convulsive Cramps are removed by diluting and relaxing: But if they proceed from sluggish Spirits, stimulating Cordials are to be made use of: If from too much Evacuation, the Vessels should be filled; if from histeric Fits, fetid antihysterick Medicines must be employed.

'Tis now full Time to close this Work, which I shall do with the following Words:

*Blessed be the Lord God for ever and ever; for Wisdom and Strength is his.*

*For of Him, and through Him, and to Him, are all Things; to whom be Glory for ever. Amen. Rom. xi. 36.*

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